

# Orange Town News



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VOL. 5 - ISSUE 17

CIRCULATION 8645

MONDAY, DECEMBER 27, 2010

## Orange Parents Make Dream Come True for Nepalese Student

By Laura Fantarella - Orange Town News Correspondent

ORANGE - A promise Heidi Saxe made to her son Jeremy led to a dream come true for a young girl from a small village in Nepal. Manisha Basnyat of Pharping, Nepal is here in Orange living with Heidi and her husband, Tracy, and finishing her senior year at Amity Senior High in Woodbridge.

Tragically, just months after making that promise to her 21-year-old son, Jeremy died suddenly in his sleep from an undiagnosed heart condition, hypertrophic cardiomyopathy.



Jeremy Saxe had a dream that one day his "little sister" Manisha Basnyat from Pharping, Nepal, would attend school in America.

Jeremy, a junior at Lafayette College when he died, had spent his spring semester in Nepal as part of the school's study abroad series, SIT Nepal - Culture and Development program. A philosophy major, he was drawn to Nepal for its reputation as a center of Eastern philosophy. For five weeks of the program, Jeremy lived with the Basnyats in the village of Pharping. "The experience was life-changing for Jeremy. He loved everything about Nepal and its people," Heidi said. "He developed a special bond with Manisha and her family. They called Jeremy "Jiwan" - which means "life" in Nepali and Jeremy called Manisha, bahini, 'little sister.' Manisha told me she felt she and Jeremy had been siblings in a prior life." Jeremy and Manisha had many conversations about women and education and Manisha confided her dream of one day studying in the United States. In turn, Jeremy's experience in Nepal awakened a passion and he felt he'd discovered his life's calling. "He hoped to work to help end poverty in third world nations through education and international development," Heidi said.

When Heidi and Tracy travelled to Nepal to visit Jeremy before he left for home, Heidi recalled the emotional day when Jeremy said good-bye to Manisha at her school. "Manisha began sobbing so hard we needed to remove her from her classroom. Jeremy held her and comforted her, telling her he would write often and would return to Nepal," Heidi recalled. "After we left her, Jeremy and I were walking down the street when he turned to say something to me but instead he burst out crying, sobbing, in a way I had never seen him do before. So I burst into tears too." Mother and son continued to cry as they walked arm and arm through the village back to the Basnyat's home. "Finally, Jeremy stopped crying, turned to me and said, 'Mom, promise me you

("Saxe" continued on page 3)



## Amity Cheerleaders Take National Title

By Laura Fantarella - Orange Town News Correspondent

The Amity Pop Warner Junior Midget novice cheerleaders tumbled, cartwheeled and climbed their way to a national title last month in Disney World. The 14-member team made up of seventh and eighth graders from Orange, Bethany and Woodbridge, beat out 15 other teams for the top spot in their division against the best teams in the country.

It was the perfect end to a whirlwind season according to coach and Pop Warner cheerleading coordinator Robin Norko. "It was so exciting! It was just a wonderful season and such a positive experience," she said. "This is a memory that will last a lifetime."

The squad is the first in the local Pop Warner football and cheerleading leagues to win the national honor. "They are pioneers," said Amity Pop War-

("Cheerleaders" continued on page 24)

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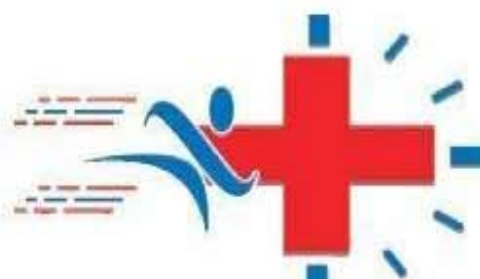
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(“Saxe” continued from page 1)

will bring Manisha to the U.S. and educate her in America.’ And I promised,” she said. “It was one of the most profound moments of her life.”

In the midst of devastating grief, the Saxes worked to honor that promise. It took 18 months and countless hours of phone calls, e-mails and red tape, but finally Manisha arrived in August 2010. For a girl coming from an impoverished village with little heat, electricity and none of the conveniences of the American home, she is having little trouble adjusting to the life of an American teenager. “I needed a flat iron!” the 17-year-old said with a smile. “I was very nervous when I first came, the school is so big! Everyone talked English so fast. I was afraid I would not be able to do the schoolwork.” But she received a warm welcome from both students and teachers who welcomed her to the school. “Manisha’s English improves everyday and, in fact, she made the honor role her first marking period!” Heidi said. Manisha is also enjoying the American style of education where students are taught critical thinking and encouraged to share ideas. “In Nepal we learn by memorizing,” she said. Math and English are her favorite subjects and she is most excited to read novels. “We don’t have novels in my village,” she said, “Just textbooks.” She just finished reading “Ordinary People” and loves the popular “Twilight” vampire series.

Since up to nine hours are spent on homework each night, Manisha is not expected to do any of the household work she is accustomed to doing at home. “At home I help my family working in the fields, washing clothes, cleaning and preparing meals,” she said. “Here I feel so lazy!” She was also surprised to see Tracy doing some of the household chores, unheard of in her village.

It’s not all work and no play for Manisha. She is enjoying typical teen experiences with her new American friends, like going to a Halloween party in costume, and attending Amity’s homecoming dance and powder puff football game. She has a bevy of “big brothers and sisters” that have adopted her, starting with Jeremy’s own brother Ryan. Before he left for school in New York, Ryan made sure he showed Manisha around town and taught her to ride a two-wheeled bike. “Jeremy’s good friends were happy to introduce her to ice skating, bowling, the beach, carnivals, fireworks, movies, shopping at the mall, learning to swim, and her first manicure,” Heidi said. Manisha has also enjoyed many firsts with her American family, like seeing West Side story on Broadway, The Nutcracker ballet, museums, many trips to NYC and a weekend in Washington, D.C.

When she returns to Nepal after graduation, Manisha hopes to attend the university in Kathmandu and perhaps realize a piece of Jeremy’s dream to end poverty through education.

The Saxes have also established the Jiwanko Saathiharu: Jeremy Saxe Foundation for Education and Development, an independent social development organization with 501(c) tax exempt status. The foundation sponsors several fundraisers each year, including an annual memorial volleyball tournament, and supports an Amity Scholarship in Jeremy’s name that is awarded annually to the student that best exemplifies his qualities of athletic ability, academic achievement, intellectual curiosity, sportsmanship and an interest in improving the world. They are currently moving ahead with plans to build a school in Jeremy’s memory in Pharping, Nepal. Contributions can be made to Jeremy Saxe Foundation c/o SDV, 1952 Whitney Avenue, Hamden, CT.

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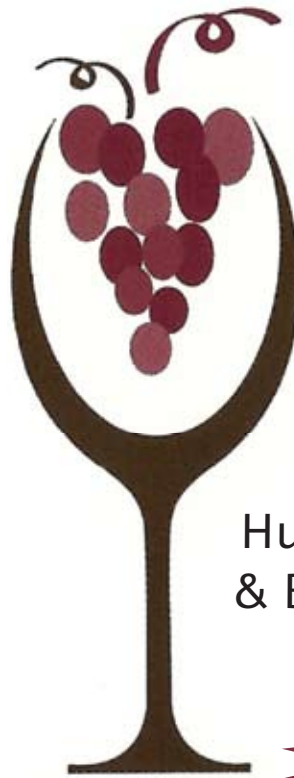


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Circulation of 8,645.

Office Address: **653 Orange Center Road**  
Mailing Address: **P.O. Box 1126**  
**Orange, CT 06477**  
**Phone: 203-668-3368**  
**Fax: 203-799-7826**

Published by Orange Town Newspaper, LLC

Publisher ..... Rocky Salperto  
Editor ..... Marlene Silverstein  
Production & Design.... J. Michael Kriz  
Correspondents..... Richard Weizel; Laura Fantarella,  
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Sales Represetnative.... Joy Haines  
Restaurant Profiles..... Susan Noonan  
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### Orange Town News

Below are the next two Orange Town News Issue dates and deadlines for your convenience. Thank you for all of your submissions to the paper.

<u>Upcoming Issue Deadline</u>	<u>Upcoming Issue Dates</u>
January 14th .....	January 21st
February 4th .....	(Valentine's Day Issue) February 11th

Note: Copy due by 4:00p.m. Thank you.



## Holy Infant Preschool Celebrates with Christmas Pageant

The children at the Holy Infant Preschool ended the calendar year by celebrating with their annual Christmas Pageant. At the end of each school day in December they practiced the holy nativity scene. Every child had a role as either Joseph, Mary, an angel, a shepard, an innkeeper or a king. It culminated in a wonderful performance for their families reminding everyone of the true meaning of the holiday.

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## ORANGE EDUCATION ROUNDUP

### Orange Receives \$129K for Energy Conservation

By Richard Weizel - Orange Town News Correspondent

ORANGE - The town's participation in a statewide energy conservation program is already reducing the town's utility bills and within a few years the savings will be lights out. In fact, the recent completion of lighting upgrades and improvements at the Police Department and Peck Place School is already paying off in a big way. Officials from United Illuminating Co. recently came to Town Hall and presented First Selectman James Zeoli with just under \$129,000 for the projects which were completed through the Connecticut Energy Fund.

The Energy Fund is administered through the state's utility companies and UI is mandated to administer funds -- in the form of services and work on projects -- to municipalities within its 17-town territory. Once UI approves proposed projects, it pays up to 40% for the work and then offers 0% financing for a town to pay off the fund balance over a term of 40 months.



Orange First Selectman Jim Zeoli receives a symbolic check in the amount of \$128,823 from Roy Haller of United Illuminating for its energy conservation programs.

The total cost of the improvements in Orange's latest project was about \$198,000 and the UI paid about \$99,000 of that amount. But the biggest cost savings for the town will come from the upgraded and energy efficient lighting systems which included installation of state-of-the-art technology outside the Police Department and both inside and outside at Peck Place School, officials said. And those savings, which will start immediately, will become even more dramatic once the payment plan for the work is paid off in about three years, officials said. "This is a great program and we're excited to be participating," said Zeoli. "It's important for a couple of reasons. We want to update the type of lighting and other energy saving equipment we're using, and we're looking at ways to reduce the town's utility bills during a time when energy costs are skyrocketing. "Years ago energy was cheap, but as everyone knows, that has all changed and we need to be looking and participating in any programs that can save money for the taxpayer," Zeoli said. "With less money available from Hartford and Washington we have to be creative and take part in the kinds of programs that make energy use more efficient." Zeoli said some of the improvements in recent years have included installing newer and more efficient lighting systems and fixtures at the police station, the town's four elementary schools, and at the town pool at High Plains Community Center. He said the town is not stopping there. "The next step is to do it at Town Hall too," he said. "This building was completed in the 1960's and still has the original lighting. That has to change and we're looking ahead to that as our next project."

In 1969, the "new" Peck Place School building was all electric which was typical for that era, but after 40 years the building was not energy efficient. Recent lighting upgrades inside and LED lights outside have resulted in an 8% cost savings from that school alone, town officials said.

The improvement project began last summer and was completed a month ago. The other elementary schools will see similar changes in the near future. "On January 1, when UI releases new funding for the projects, we'll be on board," said Mike Luzzi the school board's director of facilities.

Police Chief Robert Gagne agreed the project is helping, saying during the past year all of the interior and exterior lights at the Police Department were replaced. Gagne said the old lighting had an "almost yellowish tinge," and that he is far happier with the new lighting. "It has made a real difference here, it's much brighter and it's a more natural light," he said. "It's a great improvement."

Michael Stein, an energy engineer for UI, who helps to administer the Connecticut Energy Efficiency Fund, said both towns like Orange and larger cities are getting on board with energy conservation upgrades. "The town of Orange has done a great job taking advantage of energy saving opportunities and we're more than happy to be part of that process," Stein said. "In the long run the town will save a great deal of money, and it will also be less man hours replacing fixtures, less time working on the equipment, less time on trouble shooting." Stein said the Orange projects have included replacing outdated and costly lighting systems with state-of-the-art technology that makes use of far longer lasting light fixtures and sensors that turn lights off when areas are vacant, among other cost-saving devices.



### Mary L. Tracy Holiday Gift Project

Mary L. Tracy students and their families sponsored 45 children from the Boys & Girls Village of Milford this holiday season. Gifts were festively wrapped and donated to the Village just in time for Santa's arrival. A huge thank you to everyone who participated! Because of your generosity many more children will be smiling this Christmas.

### Orange Kindergarten Registration

If your child is turning five on or before January 1, 2012, it is time to register for kindergarten!!

Please contact Mary L. Tracy School by January 7th to receive a kindergarten registration packet by telephone at 203-891-8028 or by email at [kregistration@orange-ed.org](mailto:kregistration@orange-ed.org)

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Parents can also register their child/children at the Open House for the 2011-2012 school year.

# FROM OUR READERS

Orange Town News

As we end the year, the staff at the Orange Town News would like to thank all those who submitted letters during 2010. Have a great New Year!

John Barton  
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Orange Town News

## OTN Letters Policy

Submit your letters for our "From Our Readers" section to Orange Town News, P.O. Box 1126, Orange, CT 06477 or email: letters@orangetownnews.com.

Please limit letters to 500 words and include a daytime phone number in case we have any questions. Letters must be exclusive to the Orange Town News for publication. We reserve the right to reject any letter.



## Children Helping Children

The 17 members of the 2nd Grade Peck Place Brownie Troop 60145 have been busy earning their "Community Action" key as part of their "Brownie Quest" this year. They partnered with Sue Yamaguchi of Orange Congregational Church to create 3 quilts that will be given to children in need for Christmas. The girls created quilt squares with neon paint colors of their hand prints which Sue then stitched into brightly colored quilts. The quilts are embroidered on the back with "Made with loving hands from Brownie Troop 60145." The Brownie Troop is pictured here with one of the quilts and Troop Co-Leaders - Allison Mislou (left) and Lindsay Benjamin (right) in the Peck Place School lobby.



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# CLUBS AND ORGANIZATIONS

## Recycling Commission Advises Of E-Waste Disposal Ban

Over the past several months, residents have been directed to place their electronic refuse materials in a designated trailer at the Orange Transfer Station. Materials placed in this container are collected by an outside vendor who appropriately recycles and/or disposes of the materials in a secure and environmentally friendly manner. Disposal of materials via this collection bin has been voluntary through the proactive efforts of the Public Works Department and the Orange Recycling Commission. However, as of January 1, 2011, this initiative will no longer be optional. At that time, the state law banning electronic devices from the trash will become effective making residents and the town accountable for improper disposal.

As the holiday season is upon us, residents are urged to properly dispose of their electronic waste, including televisions, VCRs, telephones, computers, monitors, printers and other small appliances, in the designated trailer. In addition to utilizing the E-Waste trailer, residents may find that many retailers and manufacturers also have safe disposal systems in place. When replacing or upgrading electronics, consumers are encouraged to ask retailers about trade-ins, pick ups, and other disposal options available.

Questions regarding proper trash disposal should be directed to the Orange Public Works Department at 203-891-4712. For additional information on E-Waste recycling, visit the CT Department of Environmental Protection website: <http://www.ct.gov/dep/cwp/view.asp?Q=397480>.

## NHCRTA "Singin' in the Rain" Luncheon Trip

The public is invited to enjoy "Singin' in the Rain," one of the most beloved and celebrated musicals of all time, on Thursday, April 14, 2011 at the Westchester Dinner Theater in Elmsford, N.Y. After a custom coach ride, you will be escorted to reserved seating where each person will select from an excellent menu for a sit-down luncheon before the performance.

The cost is \$90 per person, including lunch, based on 40 - 52 passengers. Payment is due by December 31, 2010. Buses depart from North Haven at 9:30 a.m., Commuter Lot A, at Hartford Tpke and Devine, Exit 10, I-91, and from Milford at 9:45 a.m., Commuter Lot at Exit 40, I-95. Approximate return times are Milford 5:30 p.m. and North Haven 6:00 p.m.

The trip is jointly sponsored by the New Haven County Retired Teachers Association and the New Haven Federation of Teachers 933R. For info and reservations, call Pat at 203-288-7576.

Reminder for members that the New Haven County Retired Teachers Association will hold its Spring Meeting on Thursday, May 12, 2011.

## Operation Warm Heats Up!

On November 23, 2010, members of the Rotary Club of Orange delivered 105 winter jackets to needy kids in New Haven and Bridgeport. These jackets were purchased by the club through Operation Warm, a Rotary initiative begun in PA.

In Bridgeport, jackets were delivered to Black Rock School and Edison School where the Home School Coordinator had identified 53 children who would not otherwise have a warm winter jacket this year. An equal number went to New Haven Recovery, a local agency that houses and feeds poor and stranded kids. Many of the kids who are dropped off at the shelters sponsored by New Haven Recovery, arrive with only the clothes on their backs. This year, at least, through the efforts of the Orange Rotary Club, they will enjoy some comfort during desperate times.

As of December 16th, over 40 Rotary Clubs have ordered coats to donate to children in their communities with another 40 - 50 still working on plans for their program. Projects range in size from 30 coats to as many as 1,000. As you would imagine in today's economy, demand has been high for coats. By the end of the season, Operation Warm will have distributed over 150,000 coats to less fortunate children, a significant increase from last year's 110,000 coats. Rotary Club of Orange has, once again, acted on its principal of "Making the world a better place".



*Kathryn Hughes of the Orange Rotary club displays one of the jackets donated.*



## Conservation Commission Thanks Volunteers

Recently the Orange Conservation Commission hosted a gathering at the Case Memorial Library. Sharon Ewen, Chair, wanted to thank all the hard work and dedication of time and efforts in working together to care for open spaces.

Ed Tucker was honored for his leadership on the Conservation Commission since 1998 to 2010. In recognition of all of his efforts the commission presented him with an engraved hiking staff.

Howard Treat and his senior leadership group took on the task of clearing trails at the Housatonic Overlook and hosting CT Trail Days at the same area. They were instrumental in bringing out almost 150 hikers who walked the trail that day.

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## TOWN DEPARTMENTS AND AGENCIES

### Orange Probate Office Closing

John J. Carangelo, Judge of the Orange Probate Court, announced that on January 5, 2011, the Orange Probate Court will officially merge with the Milford Probate Court to become the Milford-Orange Probate Court.

The merged court facilities will be located at the Parsons Government Center, 70 West River Street, P.O. Box 414, Milford, CT, Phone (203)783-3205, FAX (203)783-3364.

Hon. Beverly K. Streit-Kefalas will serve as the Judge for the Milford-Orange Probate Court.

Judge Carangelo thanks the people of Orange for the honor and privilege of serving them since 1998.



Dennis Marsh, the town's elderly outreach worker and municipal agent, will take over the position of Senior Services Coordinator for the retiring Joanne Byrne on January 3, 2011.

### OVNA Healthline



The next Orange VNA Blood Pressure Clinic will be held at its office, 605A Orange Center Road, the former Library on Thursday, January 27, from 1:00pm to 2:00pm. If you are having problems with your blood pressure or your doctor would like more frequent monitoring; this is a chance each month to get your blood pressure checked. Also, this an excellent opportunity to get more information and teaching from the VNA nurses on various health issues. In addition, the OVNA will be holding "Health Chats" with a blood pressure clinic to follow on the second Tuesday of each month at the High Plains Community Center Senior Lounge at 10:30 am. The Orange VNA is licensed by the State of Connecticut, certified by Medicare and Accredited by the Community Health Accreditation Program (CHAP).

Health Chat & Blood Pressure Clinic at the High Plains Community Center  
"Medication & Food Interactions"  
January 11, 2011 at 10:30



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### Marsh Prepared to Lead Orange Senior Services

By Richard Weizel - Orange Town News Correspondent

ORANGE - Dennis Marsh, the town's elderly outreach worker and municipal agent, said he's learned a lot working under Senior Services Coordinator Joanne Byrne over the past four years.

Marsh, 42, of Orange, says that experience will "greatly help me" when he takes over for Byrne, who is retiring December 31 after six years in the position. "I'm very excited to have been selected for the position, but those are going to be some very tough shoes to fill because Joanne has done so many wonderful things during her years here in Orange," said Marsh. "My goal is to keep building and expanding on the programs and services Joanne has helped put in place and making improvements where they are needed."

With nearly 30 percent of the town's population 55 and older - above the state average -- and state projections showing more seniors living longer and staying in their homes, Marsh expects to stay busy keeping existing Orange Senior Center programs going and initiating new ones as needed. The center is located at the High Plains Community Center on Orange Center Road. "My intention is to get more seniors to come out and take part in our programs, helping them stay active and off the couch and involved in our wide range of daily activities," Marsh said. "We want to step up our efforts to let seniors know we have programs here that they can be utilizing."

One of those programs is the daily lunch available at the Center to seniors for just \$2 per meal. "One of the keys for seniors is making sure they have good nutrition and this program that is provided with state and federal funding ensures they are getting at least one healthy meal a day," Marsh said.

But the new senior services coordinator said there are many other services as well, ranging from social activities like Bingo, art class, bridge, Wii bowling, line dancing and wellness classes such as yoga, physical fitness and lectures. He said day trips to historic and entertaining places of interest around the state are also very popular. "We send out 1,800 newsletters to seniors every month to let them know about what's coming up and we intend to keep reaching out so that more people know. Marsh said that working in the department and with Byrne makes him a good fit for the job. "I've watched as the senior programs have grown and expanded and much of that is because of Joanne," he said. "I want to just make sure we keep that momentum going."

Carol Nardini, director of Orange Community Services, who was among a search committee of town officials that included First Selectman James Zeoli that chose Marsh for the job, said he was among several candidates who were considered to replace Byrne. In the end, she said Marsh was the overwhelming selection. "We are very grateful she (Byrne) came to us when she did, she has really developed a wonderful array of services and programs at the senior center, and we'll miss her very much," Nardini said. "She is leaving the program in excellent shape and Dennis (Marsh) was the perfect person to succeed her because of his knowledge and experience in the program, and his hands-on approach. We have a very well-run senior center and have won a number of awards, thanks to Joanne, and her efforts have really put the Orange Senior Center on the map," Nardini said.

But she also said Marsh can pick up right where Bryne leaves off. "I'm very excited about Denis advancing to the position, and looking forward to working with him as he develops new and interesting ways to provide programs and services for our seniors," she said. "Not only is Dennis familiar with the workings of the programs, he is well known to seniors and is very well-liked."

Marsh will take over officially on January 3. "I'll just be moving one desk over," Marsh said. "But I understand how much more responsibility I will have and am looking forward to the challenge of building on the hard work of Joanne and others that have made this such a highly respected program."



## QUOTES & TOASTS

*"Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man." -- Benjamin Franklin*

*"May all your troubles last as long as your New Year's resolutions." -- Joey Adams*

*"Happiness is too many things these days for anyone to wish it on anyone lightly. So let's just wish each other a bile-less New Year and leave it at that." -- Judith Crist*

*"Good resolutions are simply checks that men draw on a bank where they have no account." -- Oscar Wilde*

*"I do think New Year's resolutions can't technically be expected to begin on New Year's Day, don't you? Since, because it's an extension of New Year's Eve, smokers are already on a smoking roll and cannot be expected to stop abruptly on the stroke of midnight with so much nicotine in the system. Also dieting on New Year's Day isn't a good idea as you can't eat rationally but really need to be free to consume whatever is necessary, moment by moment, in order to ease your hangover. I think it would be much more sensible if resolutions began generally on January the second." -- Helen Fielding, Bridget Jones's Diary*

*"New Year's Eve, where auld acquaintance be forgot. Unless, of course, those tests come back positive." -- Jay Leno*

*"The proper behavior all through the holiday season is to be drunk. This drunkenness culminates on New Year's Eve, when you get so drunk you kiss the person you're married to." -- P.J. O'Rourke*

*"In the New Year, may your right hand always be stretched out in friendship, but never in want." -- Irish toast*

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## In Memory of Alan Klotz

Recently Alan Klotz passed away from a heart attack. Alan was on the Orange Conservation Board since 2004 till the time of his passing. I met Alan a few years ago through his sister-in-law, Jill Levine, who was on a committee for the acquisition for Open Space here in Orange. Alan was Vice Chair of the Orange Conservation Commission and he wanted to walk the property so he could see the land and be able to decide whether to become an advocate supporting the purchase of the property. That Open Space is now the "Ewen Farm Preserve".

The day of the walk, as if on cue, a red-tailed hawk hovered over us and followed until we left the property. That clinched it for Alan. The city man from New York was our greatest advocate. We came together again when I became a member of the Conservation Commission and then became chair with Alan as vice chair. Our claim to fame for this committee was building the bridge over the Wepawaug River. My husband did a lot of the work getting this project off the ground that required a number of presentations before the conservation commission and our Alan asked a lot of questions and without his help and support this project would never have seen completion.

The one memory I will cherish is that Alan came to help my husband in building the bridge. You see, there are a lot of volunteers after a project is done, but very few during a project and Alan was there to do whatever was required of him. The second day he brought his wife Naomi and they both worked side by side. Alan made mention that Naomi needs to be using the screw gun for "she is the one who takes care of all that stuff". While Naomi did all of the drilling and operated the screw gun, Alan handed her the screws and made sure none were missing. When asked if he wanted to run the screw gun, Alan said to my husband, "Not me, that's Naomi's expertise. Naomi is like you, she can do anything, and I am like Sharon." Not too sure what that meant. Maybe I ask a lot of questions too!

At the end of that beautiful day and truly the weather was perfect, how happy we were of our accomplishments. We stood together on the bridge with great pride knowing that we made a difference and we were surely surrounded by God's nature. Although Naomi and Alan's loved ones do not have Alan physically, I would hope that you, like me, remember those special times with him. We know Alan is in a better place and we are thankful to have been part of his life. Alan will be sorely missed for all his work that he has done for this Town.

*Article submitted by Sharon Ewen - Orange Conservation Commission Chairperson*

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## HAPPENINGS AT THE ORANGE SENIOR CENTER

By Joanne Byrne

### Senior Center gets new Sign, Brochure, and Website

The senior center has a brand new sign outside the entrance to the Senior Café. It is large and can be seen from the road. We also have a beautiful new, professionally done brochure and a new website. Many seniors these days are much more computer savvy and getting information on the internet. While the town's website gives much information about the town's programs, we wanted a dedicated website for the senior center showcasing all that is available to senior residents. It is a beautiful and easy to use website. It is still in the process of being refined, but you can now go on-line and check it out at [www.orangeseniors.org](http://www.orangeseniors.org).

### Men's Club

Jim White, U.S. Army, retired and Vietnam veteran, will present a lecture/discussion on the U.S./Vietnam experience at the January 13, 2011 Men's Club. He will illustrate how the war was, in fact, an international war. He will also discuss U.S. policy in the conduct of the war and how it was consistent with U.S. foreign policy interests. Now that the war is history, it is possible to see that we may have not only achieved a military victory in the field, we won an international war.

### Ladies Lunch and Learn

Andrew Robinson, AIA, will speak at the January 6 Ladies Lunch and Learn at 12 noon in the senior lounge. Andrew will talk about "Aging-in-Place", and will describe the principles of Universal Design. Everyone, not just the more senior population, benefits from Universal Design. His presentation will identify the major obstacles to helping ourselves and offer advice on making useful renovations. Andrew Robinson is a graduate of the Yale School of Architecture and has been a Registered Architect since 1981. He is a "Certified Aging-in-Place Specialist". Recognizing the growing need for good home design to meet the requirements of our aging population, he formed "Designs for Independent Living". He hosts a blog, [www.designforindependentliving](http://www.designforindependentliving) and uses his network to provide design services and to assist in procuring helpful products, and legal and construction services. Ladies bring your brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert is served. Call the center to register for this event.

### Health Chat with the OVNA

Join Maria Biondi, a nurse from the Orange Visiting Nurse Association, in the senior lounge library on Tuesday, January 11 at 10:30 for a Health Chat.

The topic for this month's Health Chat is Medication & Food Interactions. Following the chat, Maria will be available to take blood pressure in the senior cafe. Call to let us know you are coming.

### January Nature Walk

During the months of January and February there will be only one nature walk per month. The walk location may be changed due to the conditions. If the weather is bad, the walk may be done indoors at the Westfield Connecticut Post in Milford. The January 10 walk will take place at nearby Eisenhower Park. Hikers will explore trails along the Wepawaug River in addition to wooded and open areas. Meet at High Plains Pavilion at 9:00 am. As usual, walkers will carpool or caravan to the starting point for the walk. Call the center to register if you plan to come.

### Friday at the Movies

"Date Night" starring Steve Carell and Tina Fey will be shown on January 21 at 1pm in the senior lounge. Phil and Claire Foster are a couple who have been married for several years. Their days consist of taking care of their children, going to work, coming home and going to bed. When another couple they know announces that they're separating because they're in a rut, Phil feels that he and Claire could be too. So he proposes they have a date night to do something different. The action starts when they go into the city and try to get into a new popular restaurant. Things become very complicated from that moment. You will be kept on the edge of your seat and laughing. Call to let us know you are coming to the movie. Popcorn and soda is served.

### Bingo Sponsor of the Month

The Bingo Sponsor for January is Mariner's @ Village Point, a beautiful assisted living facility located in East Haven on Thursday, January 20 from 1 to 3pm. Refreshments and a door prize are donated by the sponsor. Bingo is played each Thursday at this time.

### Classes and Trips

Stop by the senior center to pick up a complete listing of all senior center classes and trips for 2011. The center offers classes in Art Elements I and II, Arthritis Exercise, Fitness, Bridge Lessons, Computer classes, Tai Chi, Tap Dance, Watercolor, Yoga, Chair Exercise, and Zumba Gold. Many exciting one-day, overnight, and week-long trips are offered through the senior center. Come in to get a flyer which gives complete information about all trips.

*Happy New Year  
to All Our New  
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## CASE MEMORIAL LIBRARY EVENTS

Case Memorial Library - 176 Tyler City Road - Orange, CT 06477 - 203-891-2170 Reach us on the web at [www.casememoriallibrary.org](http://www.casememoriallibrary.org)

### Children

#### Winter story hour schedule:

Sessions for age 2 will be held on Monday, January 3, 10, 24 and 31 at 10:30 a.m.

Session for age 3-5 (includes craft) will be held on Wednesday, January 5, 12, 19, and 26 at 4 p.m.

#### Mother Goose is on the Loose!

Held on Thursday, January 6, 13, 20, and 27 at 10:30pm: Lapsit storytimes are for babies and toddlers up to 24 months and include nursery rhymes, music, and movement. Open to Orange residents only. Please pre-register. Space is limited.

#### Holiday Teddy Bear Storytime

Wednesday, December 29, 6:30 p.m.: Come in pajamas and bring your bear and blankie! For children ages 2-5.

#### Music Together with Eniko Jonas

Saturday, January 8, 11 a.m.: A family music and movement program with Eniko Jonas for babies, toddlers, and children up to age 5.

#### Children's Film: How to Train Your Dragon

Saturday, January 22, 1 p.m.: A hapless young Viking who aspires to hunt dragons becomes the unlikely friend of a young dragon himself and learns there may be more to the creatures than he assumed. Rated PG. 98 minutes. Light refreshments will be served.

#### Chinese New Year Craft

Saturday, February 5, 11 a.m.: Celebrate Chinese New Year by making a dancing dragon puppet. For children ages 4-8.

### Teens

#### Book Chat Cafe

Tuesday, January 11, 2:15pm. Held in the Amity Middle School Media Center for teens who love to read and share their opinions over refreshments. Please see Mrs. Goss.

### Adults

#### Ever Chasing Alchemy Improv Troupe

Saturday, January 8, 2pm: New Haven's Educational Center for the Arts traveling improv group will perform at the Case Memorial Library. Ever Chasing Alchemy presents comedy suitable for folks of all ages. In the tradition of *Whose Line Is It Anyway?* the actors will transform audience suggestions into skits, scenes, and games that will be sure to have the audience laughing with joy. This year, the troupe consists of 16 seniors who attend 11 area high schools. Sponsored by ACES and Educational Center for the Arts.



Case Memorial Library

#### Film Buffs: Everlasting Moments

Thursday, January 13, 7pm: Sweden, early 1900s. In a time of social change and unrest, war and poverty, a young working class woman, Maria, wins a camera in a lottery. The decision to keep it alters her whole life. 121 minutes. Unrated.

#### Discover Your Roots: Genealogy Workshop Series

Wednesday, January 19, 7pm: In the first class of this ongoing series, Greg Thompson of the Connecticut Society of Genealogists will teach attendees about the basics of conducting your genealogy research. Classes will meet on the third Wednesday of each month.

#### Social Security Information Session

Monday, January 31, 4:30pm: Social Security Specialist Maria Grice will discuss the ins and outs of Social Security. Get the answers to all your questions. Sponsored by Boomers and Beyond: A Lifelong Learning Center.

#### Art in the Library

Works by Bonner and Halapin will be on display through the month of January. A reception will be held in their honor on Thursday, February 3 from 5-7pm.

Programs at the Case Memorial Library are free (except as noted for materials charges) and open to the public. Pre-registration is requested in person or by phone. Sign up to receive notification of library happenings via the e-newsletter form available in the library or online. The library's hours are as follows: Monday - Thursday, 10-8; Friday, 10-5 and Saturday, 10-4. The library will be closed on Friday, December 31 and Saturday, January 1 in observance of New Year's Eve and Day.

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**ARTS AND LEISURE**



Local Artist Joy Haines won the Amity Garden Center Award for her watercolor painting called "Ethereal Sea" at the Hamden Art League's Annual Silverbells Art Exhibition dinner held December 7th, 2010.

**"Inside Out" Art Show At Roxbury Library**

"Inside Out," an exhibit of watercolors by Orange resident Rosemary Benivegna and oil paintings by Souby Boski, will begin with a reception at the Minor Memorial Library, 23 South Street, Roxbury on Saturday, January 15 from 2 - 4 pm and continue during regular library hours, except when the Community Room is in use for a special library program, through February 19. In observance of Martin Luther King Day, the library will be closed on Monday, January 17. The library is open Mondays from 12 noon to 7 pm, Wednesdays from 10 am to 7 pm, Thursdays from noon to 5 pm, Fridays from 10 am to 5 pm and Saturdays from 10 am to 2 pm. In the event of snow on January 15, the opening reception will take place Saturday, January 22.



Red Houses Orange Glow

Many of Ms. Benivegna's watercolors present exteriors of iconic New England buildings melded into groupings. In other paintings, she captures candid glimpses of people to suggest a story for the observer and, in others, landscapes of vibrant, saturated colors.

As a counterpoint to Ms. Benivegna's work, Ms. Boski focuses on the moods and atmospheres of interior spaces. Using luxurious brush strokes, she seeks to evoke the sensuality of these areas, often producing paintings that are more abstract than impressionistic.

The opening reception is free and open to the public. The library is handicapped-accessible and refreshments will be served. Call the library at (860) 350-2181 for information and directions.

**OACC Meeting to Feature Local Author**

Cat Urbain, a local children's author, will be the featured speaker at the Orange Arts and Culture Council's Membership Meeting to be held Tuesday, January 25 at 7:30 p.m. in the upstairs meeting room of Case Memorial Library located on Tyler City Road.



Urbain is the author of the children's book, "Manuel and the Lobsterman". The story takes place in a sleepy town in Maine and revolves around 13-year-old Manuel Menendez. Unhappy, he'd give anything to be back home in New Haven, Connecticut, but once he finds a job working on a lobster boat, he discovers that even a small coastal town can bring unexpected excitement. In a twist of fate, Manuel's future hinges on an old lobsterman who has a secret that could yield a lot of money if they can make it to a lagoon filled with "black gold." This fast-paced adventure features two unforgettable characters and a plot that thickens at every turn.



Cat Urbain

Manuel lives in the Fair Haven section of New Haven and the "Q" Bridge as well as several other area points of interest are mentioned in the book.

In addition to writing children's books, Urbain teaches creative writing and writes grants for the Hole in the Wall Camps for children with serious illnesses. She has also taught dance in France, worked for Thirteen/WNET, Scholastic Inc., the Children's Museum of Manhattan, the Connecticut Audubon Society, and the International Film and TV Workshops. Urbain fell in love with children's books while working at Weston Woods Studios, where her job was to watch "Where the Wild Things Are", over and over. Cat has a master's degree in art education from Wesleyan University.

Manuel and the Lobsterman is aimed at middle school students, but is also appropriate for good readers in grades four and five. Teachers are encouraged to attend this program. Cat will be available to sign copies of the book.

The program is free and open to all interested persons. For questions, contact Pat Miller at 203-309-8915.



**Turkey Hill Students Travel Back in Time**

Second grade students at Turkey Hill School traveled back in time to Colonial Orange and learned about daily life through artifacts and stories about notable citizens that shaped the town of Orange.

Through a Jamie A. Hulley Arts grant, the Orange Historical Society presented the first of four lecture and activity classes.

The children listened as Goodwife Reinhard, Clarke and Vadney (dressed in colonial garments) displayed and presented household artifacts from the Stone-Otis House and private collections dating back to the 18th and 19th centuries. The students wore the nametags of past Orange residents and learned about them during the lecture. Upcoming literacy and art activities include candle making, butter making, baking, and sewing. The goal of this program is for children to learn about colonial life and how significant people and events continue to play an important role in the shaping of the Town of Orange.

To learn more about the Jamie A. Hulley Arts Foundation, please go to [www.jamiehulleyartsfund.org](http://www.jamiehulleyartsfund.org).

# 2010 Youth Services Year End Round-Up

The photographs below are a few of the Youth Services activities and events that took place this year. Congratulations to the students.



Some school community service students helping out.



Recent graduates of YS Babysitting course.



Dylan Maturo Student of the Month August-September 2010.



Mr. Bill Dietz talks to AHS students about his experiences in World War II.



Some AMS students enjoying the dance scene.



Art Colony artists hold their award certificates at the parent-youth recognition in May.

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Children of Orange artists exhibit their work at Case Library.

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## "Dining with Susan"

By Susan Noonan



### 2010 Restaurants Old & New

Since 2010 is coming to an end, I thought it only fitting to recap the 12 restaurants I visited this year. Some were longtime favorites; some brand new and fortunately only 1 is a faint memory! A little dish on these local establishments:

**GEORGIE'S DINER** - 427 Elm St., West Haven - 203-933-1000 - Warm & friendly family owned diner with great service. Food is simple, fresh, affordable & delicious. It offers take-out & delivery.

**ORANGE ALE HOUSE** - 517 Boston Post Road, Orange (next to Bob's Furniture) - 203-795-0707 - This bar & restaurant is very popular with the younger crowd, but does welcome baby boomers with open arms & they are busy every night of the week. Great food & friendly wait staff.

**BAR-B-Q RESTAURANT** - 591 Boston Post Road, Milford - 203-874-4227 - A well established favorite returned still offering their affordable lobster specials among other tasty morsels along with a cozy bar.

**JEFFREY'S RESTAURANT BY CLAUDIO** - 501 New Haven Ave., Milford - 203-878-1910 - When you walk in the door the ever-charming Claudio is there to greet you. The warm ambiance, romantic setting, along with outstanding food & service make this fine dining at its best. Great for that special occasion!



Jeffrey's Restaurant

**PEKING DUCK HOUSE** - 500 Boston Post Road, Orange - 203-891-9888 - It's motto is "Good Food & Great Service, Why Cook!" and also received a glowing review from the New York Times. Truly authentic Hong Kong Cantonese style cuisine. Owner Harry Wu & his family are delightful along with the food.

**COROMANDEL** - 185 Boston Post Road, Orange - 203-795-9055 - Award winning restaurant offering authentic cuisine of India. Mathew Jacob, Managing Partner & his staff are so accommodating; making your visit very special.

**PIE HOLE PIZZA RESTAURANT** - 555 Boston Post Road, Orange - 203-799-0200 - Great thin crust pizza offering delivery & recently added some new items to menu including a "party pizza" with 36 slices. You can also BYOB.

**VALLEY DINER & RESTAURANT** - 636 New Haven Ave. (Route 34), Derby - 203-735-2445 - Recently renovated & with 30 years experience, this longtime family friendly favorite is still going strong for breakfast, lunch & dinner.



Valley Diner and Restaurant

**RENO'S PIZZERIA** - 500 Boston Post Road, Orange - 203-799-7366 - Relocated to a great new location, it's motto is "You tried the rest, come back to the best! Orange's favorite Pizza, subs, salads & wings has returned". Now offering delivery to Orange.

**ADRIANA'S RESTAURANT & WINE BAR** - 771 Grand Ave., New Haven, CT 06511 - 203-865-6474 - If you crave outstanding authentic Italian food, excellent service, & romantic ambiance, this is the place to go to impress friends & business associates.

We were all disappointed when Equinox Diner suddenly closed, but not to worry as the location has reopened with new owners "the Elshafey family" and is called "**THE ORANGE FAMILY DINER**" - 285 Boston Post Road, Orange - 203-298-9391 - Offering breakfast, lunch & dinner - 7 days a week.

**WOOD-N-TAP** - 311 Boston Post Road, Orange (former site of Humphrey's) 203-799-9663 also recently opened with beautiful renovations, offering a great cozy atmosphere & menu - check out its web site wntorange@wntus.com for details. Look for my detailed profiles of these 2 new restaurants in 2011. Last, but not least, I want to mention our longtime favorite & award winning **CHINA PAVILION** - 185 Boston Post Road, Orange - 203-3555. I recently had dinner at the bar on 2 occasions & must say the food is better than ever. Fred & his staff continue to do an outstanding job to keep their loyal customers coming back.

**FINAL NOTES:** I would like to wish all my faithful readers a very HAPPY & SAFE NEW YEAR. Please remember to support our local family-owned businesses. If you have a favorite restaurant, please e-mail susan@orangetownnews.com. See you in 2011!

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**From Your State Representative** *By Themis Klarides*



Dear Residents of Woodbridge, Orange and Derby,  
 Thank you for electing me to serve another term as your State Representative. It is an honor and a great responsibility to be entrusted with and I am glad to serve the residents of the 114th district.

The new legislative session begins on January 5, 2011 and most predict the talk of the Capitol will center around the state budget and the projected \$3 billion deficit. While the budget and a handful of other hot button issues might grab headlines, much more will happen here at the Capitol.

As we head into the new year, here are some ways in which my office can be of service to you:

- **Legislation:** If you have an idea, need help testifying on a bill or assistance looking up and tracking particular legislation, please feel free to contact me.
- **State Agencies:** If you are having difficulties with or have questions about state agencies such as Veterans Affairs, Department of Environmental Protection, Department of Public Health, Department of Motor Vehicles, or any others, please contact my office.
- **Visiting the State Capitol:** If you are visiting the State Capitol or Legislative Office Building, please stop in and say hello.
- **Citations:** If you would like to recognize an individual for a special event or accomplishment such as achieving Eagle Scout rank, Citizen of the Year, or a significant birthday my office can assist in requesting an official citation.
- **Public Events:** If there is an event or meeting you would like me to attend, please contact my office with the date, time, location, and nature of the event. You can reach me at 1-800-842-1423 or by e-mail at Themis.Klarides@cga.ct.gov.
- **Stay Informed:** Sign up for my e-newsletters! By subscribing, all the latest news and information about my work in the legislature will be delivered right to you via e-mail. Visit my website, www.RepThemis.com to sign up.

As always, feel free to contact my office with your ideas, questions or concerns. I'd like to hear from you.

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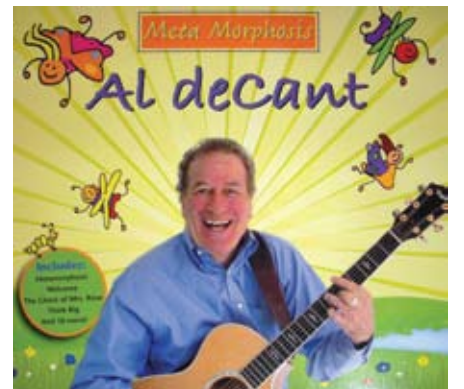
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Al deCant

Al deCant is like a pop star to the under ten-year-old set. The talented songwriter and musician, who also happens to be principal of Peck Place School, just recorded "Meta Morphosis," a new CD of upbeat songs for children.



Laura Fantarella

deCant has been performing for kids for nearly two decades, ever since his own children were toddlers. "I started out writing about what was going on in my own family, with songs like 'I Don't Want to Go to Bed,' or 'Time to Brush Your Teeth,'" deCant said. At that time his kids thought dad's local performances and impromptu songs about their family life was a lot of fun, but by middle school they were a little embarrassed. Now in their twenties, sons Zack and Kyle are his biggest fans. "They think I'm cool again," deCant said. Today he still writes songs that appeal to kids (and their parents as well) with lively lyrics and catchy melodies that get toes tapping, fingers snapping and everyone singing along. His songs are motivational and inspirational with a positive message throughout. In "Think Big," he sings, "If you can dream it, you can do it, you can change the world, -- think big". In "One Step At A Time," he sings, "Everything has a beginning, everything has an end, but to get from here to there, only one way my friend - take one step at a time." His backup singers are past and present students from Peck Place School including Caroline DelVecchio, Alayna Dixon, Clarea Gamsu and Emily Kilian. "They sang their hearts out and ate me out of house and home," deCant writes in his CD cover.

deCant is never at a loss for new song ideas, whether from his school's curriculum and/or the children he is surrounded by everyday. "Inspiration comes from everywhere," he said. "I got the idea for the title song, 'Meta-morphosis,' from a unit on butterflies. In 'Welcome Song,' I sing 'hello'

in many different languages."

deCant's journey as an artist is also a metamorphosis of sorts. He started playing rhythm guitar and was a vocalist for rock and roll bands while a student at Amity High in the late 1960s. He was a member of "We the Living", a local band that played at area clubs, weddings and Yale University mixers. "I was also writing songs and jingles at the time and trying to market my music. I was rejected by a lot of top companies!" he said with a smile. "But I came close." At the time he was also teaching sixth grade at Mary L. Tracy School and music took a back seat for a while as he established his career and married his wife, Karen. When his children were born he found a new niche performing in concerts for children at local libraries, schools and community centers.

Now, deCant says, he is lucky enough to indulge both his passions. "I like the balance of academics and music. I have the best of both worlds," he said. "It is so enjoyable for me to perform for kids and their families and see them dancing, singing and having fun together. I actually like it better than being in a rock band!" He continues to perform at local venues, the Milford and Norwalk Oyster Festivals, and hosts occasional Friday night "Pajama Jams," an interactive show for children and their parents to benefit literacy programs in West Haven and Seymour. "Everyone comes in their pjs; they bring a blanket and a book," he said. And, of course, he is a frequent headliner at Peck Place School assemblies.

His latest CD can be purchased at Jesse's Toys in Orange; Yellow Moon Toy Company in Milford; Racebrook Market in Orange; CDbaby.com, Amazon.com; or by visiting [aldecant.com](http://aldecant.com).

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Nancy O'Dell

Q: I was so happy when I heard that Nancy O'Dell would be replacing Mary Hart as co-anchor on "Entertainment Tonight" when Mary retires in 2011. It will be nice to see Nancy's lovely face on TV again! What is she up to in the meantime? -- Jillian F., Fort Worth, Texas

A: Nancy is thrilled by her latest career move. She told me: "It is such an honor (to be chosen to replace Mary Hart). Mary is such a TV icon. I remember watching it when it first debuted and thinking, 'Oh my God, that would be such a cool show to work for.' And here I am, working for it! It is very exciting."

Nancy also has teamed up with Florida Orange Juice on a promotion to help make mornings special for families. She explained: "It's so difficult for people to make their mornings meaningful with their families, as they are being pulled in so many directions. But all you need is 15 minutes, whether it's over a glass of orange juice or over breakfast, to just sit down and talk with your family." So Nancy is helping launch the Florida Orange Juice Morning Squeeze contest, with the grand prize being a family trip to Florida. To enter, go to [www.FloridaJuice.com/Morning\\_Squeeze.php](http://www.FloridaJuice.com/Morning_Squeeze.php).

\*\*\*

Q: Will "Army Wives" be back anytime soon for a new season? -- William S., via e-mail

A: Rest assured, Lifetime Television's perennial hit drama "Army Wives" will be back for a fifth season with 13 all-new episodes. "Army Wives" is Lifetime's most successful series in the 26-year-history of the network, so I'd say the show has quite a bit of life left in it. It will be back in 2011, however the exact date

has not been announced. If previous seasons are any indication, it should be back by late spring to early summer.

\*\*\*

Q: I caught the tail end of what looked like a really good documentary on Animal Planet about men diving with Nile crocodiles. Can you tell me what it was called and when/if I can see it again? -- Sam M., via e-mail

A: The show is called "Into the Dragon's Lair," which documents wildlife photographer Roger Horrocks and world-renowned underwater cameraman Didier Noiret as they travel to Botswana's Okavango Delta to capture never-before-seen behaviors to help broaden the world's scientific understanding of these fearsome creatures. It is definitely a don't-miss show, and you can see it again Thursday night, Jan. 20.

\*\*\*

Q: How much do reality-television stars, people like Kim Kardashian, make? -- Frankie F., Washington, D.C.

A: It depends on the star's popularity, as well as extracurricular activities, like perfume and clothing lines, books, etc. Kim, for instance, is the highest-paid reality star, raking in \$6 million in 2010. Lauren Conrad is close behind, banking \$5 million in 2010.

Write to Cindy at King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475; or e-mail her at [letters@cindyelavsky.com](mailto:letters@cindyelavsky.com). For more news and extended interviews, visit [www.celebrityextraonline.com](http://www.celebrityextraonline.com) and [twitter.com/Celebrity\\_Extra](http://twitter.com/Celebrity_Extra).

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## Holiday Door Decorating Contest at the Community Center

The 4th Annual Holiday Door Decorating Contest has concluded at High Plains Community Center. Eight community groups each decorated a door in the East Wing of the center in various holiday themes. The public and members of the Orange Senior Center were invited to vote

for their favorite door and made their choice as to the winner.

Doors were decorated by the Orange Lions Club, Mom's Club of Orange, The American Legion Auxiliary, Girl Scout Troop 60403, Orange Economic Development Corporation, Orange

Town Newspaper, The Goddard School and Peck Place School.

The winner will be announced in the January issue of the Orange Town News. The winner will receive a \$50 Gift Certificate to a local restaurant.



## Laurel Estates Holds its 9th Annual "Festival of Trees"

Holiday trees, decorated by area businesses, were on display at Laurel Estates on Tuesday evening, December 14th. The event which was held at the beautifully decorated 245 Indian River Road location, featured a silent auction in which all proceeds benefited the Town of Orange Fuel Bank and SOaRING. Orange Community Services Director Carol Nardini was on hand to accept the donation.



## OCNS Makes Food Donation

Students from Orange Community Nursery School kicked off the holiday season with the spirit of giving. Pictured above with their teachers, they brought a bountiful wagon-full of food to the Town of Orange Human Services in order to make a donation to local families in need. Pictured below with Santa, students made lasting holiday memories together while eating breakfast with Mr. Claus himself! (Special thanks to Orange Volunteer Fire Department for escorting jolly Old St. Nick.)

# Wine Talk

With Ray Spaziani

## Connecticut Wine Trail for the New Year!



The Connecticut Wine Trail is a wonderful way to start out the New Year! The wineries associated with the Connecticut Wine Trail are members of the Connecticut Vineyard and Winery Association. This organization is dedicated to the development and promotion of Connecticut as a wine producing region. The collective efforts of the CVWA is to increase the awareness and appreciation for the wines produced in Connecticut. If you would like some more information about this organization or look into membership, you can contact them at [info@ctwine.com](mailto:info@ctwine.com) or call 860-877-5467.



Gouveia vineyards tasting room

These Vineyards and various Connecticut wineries are wonderful places to visit. The wines are of surprisingly good quality. The hospitality is exceptional. I highly recommend you visit these wonderful locations and taste some of these fine wines! Enjoy some of our state's fantastic bounty. You will be glad you did! Happy New Year!

PS: Every time I travel down Old Grassy Hill Road and pass by Wright's Pond I view that wonderful classic property and think what a gorgeous winery that would make! If you are a friend or neighbor of the Wrights suggest it to them. You never know!

Ray Spaziani is the Chapter Director of the New Haven Chapter of the American Wine Society. He teaches wine appreciation classes at Gateway Community College and is a member of the International Tasting Panel of Amenti Del Vino and Wine Maker Magazine. He is an award winning home wine maker. Email Ray with your wine questions and wine events at [Ray.Spaziani@gmail.com](mailto:Ray.Spaziani@gmail.com).

### Wineries on the wine trail include the following:

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Chamard Vineyards  
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Clinton, CT 06413  
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[www.chamard.com](http://www.chamard.com)

Connecticut Valley Winery  
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[www.ctvalleywinery.com](http://www.ctvalleywinery.com)

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[www.holmbergorchards.com](http://www.holmbergorchards.com)

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Jones Winery  
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[www.sharpehill.com](http://www.sharpehill.com)

Saltwater Farm Vineyard  
349 Elm Street  
Stonington, CT 06378  
Phone 860-415-9072  
[www.saltwaterfarmvineyard.com](http://www.saltwaterfarmvineyard.com)

San Savino Winery  
128 Ford Road  
Woodbridge, CT 06525  
Phone 203-387-1573  
[savinovineyards@sbcglobal.net](mailto:savinovineyards@sbcglobal.net)



Pictured are club members with their handiwork.

## Garden Club Helps Town "Go Green" for the Holidays

If you've been to any of the public buildings in Orange, you might have noticed the beautiful wreaths on the outside of our buildings and the wonderful decorations inside the Case Memorial Library. Decorating the public space is just one of the many activities of The Garden Club of Orange. The members help to maintain and plant the Town Green, the Clark Building, Wright's Pond and the Racebrook Tract.

If you are interested in learning more about the Garden Club, please visit its website at <http://www.orange-ct.gov/gardenclub.html> or contact Teresa Evangeliste at 203-795-3195.

## Get Ready to Cruise News

By Leslie Marsh



## The Allure of the Seas

In 2009, I wrote about the "world's largest cruise ship," The Oasis of the Seas. Last month, Royal Caribbean launched Oasis' younger, but ever so slightly larger sister, Allure of the Seas. To date, she is receiving rave reviews!

The Allure is identical in basic design to the Oasis, but she actually measures about two and a half inches longer. Of course, at 1,187 feet long, 184 feet wide, 16 decks high and displacement of 220,000 gross registered tons, two and a half inches doesn't seem very significant, but it does give Allure the title of "world's largest cruise ship".

Like the Oasis, the Allure has seven "neighborhoods," each with its own unique features and amenities. The ship has 21 swimming pools, 24 restaurants (most included in the price, some with an up-charge), bars, nightclubs such as Royal Caribbean's signature Viking Crown Lounge which provides expansive ocean views from its location on deck 17 and Bolero's Dance Club, shops, zip line, ice skating rink, merry-go-round, theater and more.

There are many new and exciting features on the Allure. For dining, the Boardwalk Dog House featuring hotdog, sausages and brats is now on the Boardwalk along with Rita's Cantina serving favorite Mexican foods as well as a wide selection of margaritas. Samba Grill is a new Brazilian style steakhouse where gauchos serve grilled meats on skewers. And the Allure is proud to have the first Starbucks at sea!

Entertainment is the theme on the Allure. Royal Caribbean has partnered with Dreamworks and guests will be delighted to see several of their favorite Dreamworks characters on board. Many characters from the movies Madagascar and Shrek are featured in a new parade called "Move it Move it" which is scheduled twice during each cruise. As a matter of fact, Princess Fiona (from the Shrek movies) was named the godmother of the Allure at her naming ceremony. The beautiful three story Opal Theater will feature performances of "Chicago, the Musical."

This is just a little taste of the exciting new features of the Allure of the Seas. This is a ship that must be seen to get the full scope of all she has to offer. She is sailing alternate Eastern and Western itineraries out of Port Everglades, Florida. This is a great ship for families with prices starting at just \$899 per person. Call me today for more details!

Wishing you health and prosperity in the New Year!

Leslie Marsh owns Cruise Planners of Orange. You can reach her at 203-799-2367 or email [leslie@getreadytocruise.com](mailto:leslie@getreadytocruise.com).



Allure of the Seas

## BUSINESS ROUNDUP



Staff and management at the new Wood-n-Tap Restaurant, along with members of the Orange Chamber of Commerce joined First Selectman Jim Zeoli in a ribbon cutting event held on Wednesday, December 15th. A check for \$5,000 was presented to the West Haven High School PTSA who received the award after an on-line voting contest held on the company's website.

### Grand Opening of Wood-n-Tap

Wood-n-Tap is proud to announce the winner of the \$5,000 is West Haven High School's PTSA. The money will go towards its "Blue and White, Up All Night" alcohol-free graduation party. In addition, the Carrigan school received \$300 for coming in second place and Westies Care stepped up to donate an extra \$250 to the West Haven school that brought the most people to the Grand Opening Fundraiser on Saturday, December 11th, with a match from Wood-n-Tap. Phil Liscio, President of West Haven's PTSA and Westies said, "The PTAs used to have budgets of \$30,000 and now they're down to \$5,000, every little bit helps. Our "Blue and White Up All Night" program is not only important to us, but to the entire community of West Haven."

The money was raised Saturday during the Grand Opening Fundraiser party and featured complimentary hors d'oeuvres, open bar, DJ Derek and a raffle. Raffle prizes included Celtics tickets, Chelsea Handler tickets, Bowzer Doo Wop tickets, Quinnipiac hockey tickets, Quinnipiac basketball tickets, Macallan golf bag, Mt. Gay snowboard, patio heater, Jerome Bettis football, NFL rolling cooler, Bacardi bar stools, margarita machine, Blue Moon croquet set, fruit juicer, wine fridge and much more!

The check was awarded to West Haven High School on Wednesday, December during the ribbon cutting ceremony in front of the Wood-n-Tap's doors.

The Wood-n-Tap opened its first restaurant in Hartford in 2002. Since then, the group has added restaurants in Vernon, Farmington, Southington, Rocky Hill and now Orange. Each time they open a new restaurant, their focus is on giving back to the community. They raised more than \$50,000 from Grand Opening events over the past seven years and have donated it all to non-profit organizations. In addition they have donated over \$100,000 to local non-profit organizations such as St. Jude, Channel 3 Kids Camp, Connecticut Children's Medical Center, We Are the Children, local parks and recreation departments, local little leagues, local Boys and Girls Clubs, and more.

### Easter Seals Goodwill Launches New Website

Easter Seals Goodwill Industries announces the release of its newly designed website at [www.eastersealsgoodwill.org](http://www.eastersealsgoodwill.org). The new site features greatly expanded content, an easy to navigate user interface, integration with the Agency's social networks such as Facebook, LinkedIn and Twitter in addition to up-to-date information about the programs and services offered, upcoming events, retail stores and sales, and success stories about people participating in Easter Seals Goodwill's services.

The new site reflects the changes in the organization over the last years, as well as giving the Agency the ability to more frequently update content, allowing the public to have current and detailed information about Easter Seals Goodwill Industries. The new website will help us to better serve all of our constituents, whether it be clients, guardians, Goodwill shoppers or donors as well as anyone else interested in Easter Seals Goodwill Industries, while offering an archive of media, press releases and more. Be sure to check out the newly designed website today at [www.eastersealsgoodwill.org](http://www.eastersealsgoodwill.org).



### Holly Hill Childcare Collects Bears For Children's Hospital

In the spirit of giving, Holly Hill Childcare and Learning Center and the Student Alumni Association of Fairfield University have been busy this holiday season collecting teddy bears for the 11th annual "Teddy Bear with Love" Drive.

Thanks to the generosity of the students, staff and friends of Holly Hill Childcare, nearly 100 bears were donated and distributed to children in Yale-New Haven Children's Hospital over this holiday season.

Since its inception 11 years ago, the "Teddy Bear with Love" Drive has put smiles on the faces of more than 1,200 children in area hospitals and facilities.

Pictured are some of the wonderful children enrolled at Holly Hill Childcare and Learning Center of Orange who generously donated teddy bears for children at Yale New Haven Children's Hospital during the holiday.

### Duck Pond Day Care Holds Clothing Drive

Duck Pond Day Care Orange is collecting mitten, gloves, hats and scarves this holiday season. These items will be donated to a local shelter to be distributed to families. The children are decorating a Xmas tree with these items. For further information or to donate, please call Maureen Myers/director at 203-795-9132.



#### New Year traditions

In Spain, New Year's Eve revelers consume one grape during each toll of the midnight hour. The taste of each predicts the fortunes of the coming twelve months: sour or sweet. Some cultures prepare and eat greens such as kale, cabbage, collards, and chard to represent the "green" (wealth) desired for the new year. Beans, peas, and lentils are symbolic of coins and wealth. In the Southern U.S., black-eyed peas are served to bring good luck.

Source: [www.epicurious.com](http://www.epicurious.com)

## ORANGE HOUSE OF WORSHIP EVENTS

### Congregation Or Shalom Upcoming Events

**Opening Doors:** Congregation Or Shalom, is once again offering its "Opening Doors" program for children in Kindergarten through Grade 2 in the Fall. Young families may enroll their children in the Sunday School program without the requirement of membership in the synagogue. Rabbi Alvin Wainhaus, synagogue spiritual leader, noted that bringing young families within the orbit of the community will stimulate them to open the "doors" to various groups and committees within the synagogue. "Ultimately, we hope they will become part of the Or Shalom Family," Rabbi Wainhaus said.



Congregation  
Or Shalom

**Kinder Kreations:** Sunday, January 30, 9:15 AM: Free pre-school event where we provide three and four-year-olds with the sights, sounds and sensations of Judaism. They also spend time with Rabbi Wainhaus as he plays his guitar.

**Wellness Expo:** Sunday, January 30, 1:00 PM: FREE: In addition to different booths with traditional and alternative health care, there will be free blood pressure screenings, free chair massages, topics on children's special needs and a Zumba demonstration. The headline speaker is Dr. Bernie Siegel, MD. Dr. Siegel is a surgeon and well-known best selling author of "Love, Medicine and Miracles". Following Dr. Siegel will be a return appearance by the popular hypnotist Dan LaRosa. Dan will take you on an amazing, mysterious, hilarious adventure into the imagination. This interactive show will amaze and entertain you. It is great for all ages!

**Zumba Gold:** Tuesdays pm and Thursdays at 7: Join Zumba Gold with coach Robin Allen each week for a one hour class. Call Robin for more information at 203-314-8176.

**CANCELLED:** Coconuts: performs January 29, 7:30 PM: Due to a scheduling conflict this event has been cancelled. We hope to reschedule so watch for future announcements.

**Naming Babies:** Does your Jewish child need a Hebrew name? If so, we will provide him/her with one. There is no charge and this is open to Congregation Or Shalom members and non-members. Call the Or Shalom office at 799-2341.

**Services:**

Sunday mornings: 9:00 am

Monday mornings: 7:30 am

Thursday mornings: 7:30 am

Friday evenings: 7:00 pm (the first Friday of each month is our Family Service where Rabbi Wainhaus reads the children a story in lieu of a sermon. Following the Service, there will be a dairy Oneg Shabbat-refreshments.)

Saturday mornings: 9:30 am

All events are open to non-members.



On December 6th at The Jewish Home for the Elderly, Fairfield, volunteer Lauren Sepowitz, of Orange, enjoyed lighting the candles of the Menorah with Sidney Rick as part of the celebration of Chanukah. Many activities and celebrations were held at the Home for the eight day celebration.

### Knights Of Columbus to Hold Free Throw Contest

It's time for Orange youngsters ages 10-14 to sharpen those free-throw shooting skills! The Holy Infant Council of the Knights of Columbus #12523 is conducting its seventh annual Free Throw Contest on Saturday, January 15 at the Holy Infant School gymnasium at 450 Racebrook Road from 10:00 a.m. until 1:00 p.m. All local residents ages 10 through 14 as of January 1, 2011 are invited to participate. Entry into this contest is non-denominational. Entrants may arrive at any time during the period the contest is in progress to take their free throws.



Holy Infant Church

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district, regional and state competitions. International champions are announced by the Knights of Columbus international headquarters, located in New Haven, based on scores from the state-level competitions. Last year, more than 200,000 young people participated in over 3,000 local competitions in the United States and five other countries. Boy and girl winners are recognized for each age group. Four of last year's entrants from the Holy Infant contest went on to become Regional champions in their respective age and gender divisions, and one became a State champion!

All contestants on January 15 will be recognized with a handsome certificate of participation. Contestants are required to furnish written proof of their age, except that previous years' participants need not provide proof of age again. A copy of the birth certificate is preferred, and must be provided at the time of entry. A short entry form will also be completed at the time of entry, and a parental/guardian consent signature must be provided at that time.

Each contest participant will be given three warm-up free throws. The contestant will then take fifteen consecutive free throw attempts. Ten and eleven year-old contestants shoot from 12 feet; 12-14 year-olds will shoot from the standard 15 feet. Girls will use basketballs sized for women and girls. Otherwise, normal rules of basketball regarding free throws apply for all levels of competition. For example, violations include stepping on or over the free throw line prior to the ball reaching the rim.

The Knights of Columbus is an international Catholic family fraternal service organization with over 1.8 million members in more than 13,000 local councils. The Holy Infant Council was established in Orange in 1999. The Knights of Holy Infant Council, with over 80 members, sponsor projects to benefit their church, community, families and youth.

### Congregational Church Youth Group Holds Pancake Dinner

Orange Congregational Church Senior High Youth Group is holding a pancake dinner fundraiser on January 11th at Chips Restaurant of Orange to raise money for their Youth Mission Trip to the Eastern Shore of Virginia Habitat for Humanity. They will be traveling to the Eastern Shore of Virginia during February break to help build a Habitat for Humanity House. The tickets for the dinner are \$10.00 and there are three seatings available starting at 4pm, 5:30pm, and 7pm. The tickets will be available at the church office in January or through any of the 15 teenagers who will be going on the mission trip in February. All proceeds will go to support the youth mission trip and Habitat for Humanity. Please come out and support your local teens.



Orange Congregational  
Church

For more information and ticket sales, please contact Beth Rafferty at the church office at 203-795-9749.

# HISTORY CORNER

With Ginny Reinhard

## Betcha Didn't Know That...

In Connecticut, during the Revolutionary War, it was against the law to travel on the Sabbath.

In Connecticut, during the Revolutionary War, you couldn't purchase provisions, play, laugh or even darn your socks.

In Connecticut, during the Revolutionary War, it was noted that Sunday was the saddest day of the entire week being shut up in four walls for half a day, deafened by the music of 500 people all singing in a different key, put to sleep by the monotonous sermon of the four hours and, NO recreation but reading the Bible.



In Connecticut, the housewife who lived in a seacoast town could usually purchase biscuits or crackers but she had to bake her own bread and cakes.

In Connecticut a woman who could bake a superior pumpkin pie had much to recommend her for matrimony – hmmm was that Libby's?

In Connecticut it was common for a woman to earn a living as a storekeeper.

In Connecticut, during the Revolutionary War, the sale of playing cards was prohibited, and peddlers, jugglers and circus performers were restricted.



seduce a young man of twenty.

In Connecticut, women were not engaged in occupations that were common in the other colonies such as pewterers, glassmakers or printers.

In Connecticut, during the Revolution, women served as innkeepers, taking over from their deceased husbands. They were required to keep a decent house and refuse to sell alcohol to drunkards.

In Connecticut, one would expect women to have made great political and social gains at the end of the Revolutionary War, but this does not seem to have been the case.

In Connecticut, on the Fourth of July, 1798, a group of New Haven ladies drank a toast to "the rights of women, may they be respected by the men of all ages."

*\*Mercy Otis was an ancestor of 19th century Charles Otis, the 2nd owner of the house known as the Stone-Otis House.*



In Connecticut prior to 1755, a widow had no automatic right to her husband's land except the third that passed to her upon his death.

In Connecticut, a couple's personal property belonged to the husband and could be disposed of by him at his pleasure.

In Connecticut, if a marriage was invalid due to a previous marriage or insanity, a divorce was needed.

In Connecticut, a widow became the guardian of her children but only had a right to their service.

In Connecticut a woman was an individual before the law while single or widowed, but if she were married, she had little freedom apart from her husband.

In Connecticut, during the Revolutionary War, a woman's earnings belonged to her husband who was in no way accountable to her.

In Connecticut, after the Revolution, a woman was able to obtain a divorce when she could prove physical abuse, but this did not permit her to remarry.

It was noted by General Washington that the men in his command from Connecticut were adequately clad, due to the many women who turned their efforts to clothe them.

In Connecticut, during the Revolutionary War, at least 20% of the women were Loyalists, ostracized by the patriots, denied access to food-stuffs and lived in terror for their lives.

In Connecticut, there were no women advocates like Mercy Otis\* or Abigail Adams to insist that the Continental Congress "remember the ladies."



In Connecticut in 1700, the General Assembly required every town to employ a teacher to instruct children to read; theoretically every woman was able to read.

In Connecticut, New Haven colony led the boycott for the 1764 Sugar Act imposed by the English Parliament, causing women to use maple sugar for baking cakes.

In Connecticut, during the Revolution women dressed well but were never considered fashion plates.

In Connecticut it was said that a fine woman does not use artificial makeup or perfume, does not have a head as big as a bushel, was not to be quarrelsome and would not, at the age of 30,



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## LOCAL SPORTS



("Cheerleaders" continued from page 1)



ner League president Rich Photos. The victory was even sweeter since the girls were considered the underdogs going into the competition. "We were a new team and had fewer girls on our squad than the others," Noriko said. "We never expected to go this far."

Noriko was just a mom on the sidelines cheering on her own son who was playing on the Amity Pop Warner junior midget football team when she was asked by board members to be cheerleading coordinator for the league. Noriko wasn't just any mom; she is the owner of Spirit Zone Cheerleading & Gymnastics in Hamden, a training studio for competitive cheerleading squads. When a volunteer was needed to coach the junior midget squad, Noriko stepped up. "I had always wanted to work with young teen girls," she said. "They were like sponges, just absorbing everything I taught them. They loved to learn. I was anxious to see how far I could take them." Using her experience, Noriko was able to choreograph a three minute program for girls with difficult stunts and transitions that would best maximize their scores in the competition. She also had the help of Amity high school senior cheerleader Sidney Horton and Erin Krasowski, the mom of one of the cheerleaders. "It really helped to have three pairs of eyes to help get the team synchronized. We also had a lot of support from the parents."

In October, the competitions started and the girls were placing second and third in league, state and regional competitions. "We kept pushing them to get better," Noriko said. After placing second in the final regional qualifying competition, the girls had two weeks to perfect their routine and raise \$12,000 to fund the trip to the national competition in Disney World in Orlando. "The girls were working so hard I questioned whether they'd have energy left for the competition," Noriko said. "I told them to just go out there, do their personal best and leave the rest to the judges. They had had a wonderful season and they would end it with their heads held high." Among the first teams to kick off the competition, the girls performed a perfect routine. "They were gorgeous!" Noriko said. "I was so proud. I love that I helped them achieve way beyond what anyone expected."

Cheerleader Sophia Daskalon of Ann Rose Drive said the girls never expected to win the competition. "Our goal was to finish in the top five," she said. When the results were read and the top five teams were announced, the girls sat quietly, their hearts sinking as the fifth, fourth, third and second place teams were announced. "We never expected to finish first, so when we didn't place in the top four some girls started cry," she said. But then they noticed the announcer look over at them and give them a smile. "As soon as we heard him say 'Am...' we were jumping up and down screaming!" she said. Noriko added, "It was so emotional that even grown men were on the sidelines crying!"

The girls have become a tight-knit group of friends that enjoy sleepovers and hanging out together in addition to the many hours of practice they spend together each week. Daskalon said the girls like cheering on the junior midgets at the weekly Pop Warner football games but also enjoy performing and excelling at their own competitions. "It's fun to have parents and fans cheer us on as well," she said. The group was so well-prepared from their training that began in August that they were able to keep their nerves in check at the final competition. "We were nervous before we went on stage but once we stepped out on the mat we knew what we had to do and we just did it as we had so many times before." One of the best perks of the trip was going to Disney World when it was closed to the public, open only to the Pop Warner football and cheerleading teams.

Noriko hopes the girls will continue to hone their cheerleading technique and move up to cheer for the midget football squad. "There is so much more to cheerleading now. It's not just 'Yay rah rah'. They are learning stunts and how to make the sidelines fun for the fans. They are also learning how to earn the respect of the coaches, players and parents," she said.

## Bulletin Board



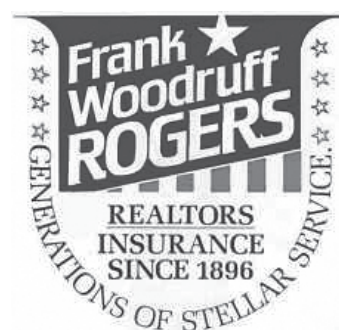
- **Al-Anon Parents Meeting**, Monday nights, 7:30pm year-round, United Church of Christ, Plymouth Building, 18 West Main Street, Milford – supporting parents of alcoholics and/or substance abusers. For more information, go to [www.ct-al-anon.org](http://www.ct-al-anon.org) or call Margaret at (203) 877-4313.
- **Clean Energy Task Force of Orange**, meets on the third Tuesday of every month at HPCC, 525 Orange Center Road, conference room, 8 o'clock. The public is invited. Next meeting is July 20th.
- **Orange Recycling Committee** meets every 3rd Wednesday except for January, July & August, 7pm, HPCC conference room, 525 Orange Center Road, public is invited to attend. For more information, email [Orangerecycles@gmail.com](mailto:Orangerecycles@gmail.com).
- **Blood Pressure Clinic presented by Gentiva & Laurel Estates**, 1st Thursday of every month, Laurel Estates, 245 Indian River Road, 1:30-2:30pm in the Community Room. No appointment necessary.
- **The Rotary Club Of Orange meets every Friday**, 12:15pm at the Racebrook Country Club, 246 Derby Avenue; prospective new members may contact Dan McAllister at 203-799-9073 for information about the club or visit [www.orangectrotary.org](http://www.orangectrotary.org).
- **Chabad of Orange ~ Woodbridge Weekly Puppet Show**, Saturday Mornings, 11:30am, 261 Derby Avenue, puppeteers will captivate your children's attention each week while learning about their Jewish Heritage, history & values; geared for children ages 3-8.
- **The Davis Gallery Presents David McCarthy's "Around the World" Photography Show**, November 20, 2010 - January 2, 2011, Monday-Fridays 10am-6pm, Saturdays 10am-2pm; 200 Boston Post Road. For more information, call 203.795.4705.
- **Case Memorial Library Art Exhibit, "Through Our Eyes"**, featuring the works of Sonia Halapin and Sabine Bonnar; the month of January, 2011, artists' reception January 13, 2011, 5:00-7:00pm, 176 Tyler City Road, free admission. For more information, call 203-891-2170.
- **Orange Congregational Church Senior High Youth Group Pancake Dinner Fundraiser**, for their Youth Mission Trip to the Eastern Shore of Virginia Habitat for Humanity, Tuesday, January 11, 2010, Chips Restaurant, tickets/\$10.00, three seatings at 4pm, 5:30pm, and 7pm. For more information and ticket sales, contact Beth Rafferty at 203-795-9749.
- **Holy Infant Council of the Knights of Columbus Free Throw Contest**, Saturday, January 15, 2010, 10:00am-1:00pm, Holy Infant School gymnasium, 450 Racebrook Road, open to all local residents 10-14 as of January 1, 2011.
- **OACC Meeting**, Tuesday, January 25, 2010, 7:30pm, Case Memorial Library upstairs meeting room, 176 Tyler City Road, featuring local children's author Cat Urbain. For questions, contact Pat Miller at 203-309-8915.
- **OVNA Blood Pressure Clinic**, Thursday, January 27, 2011, 1:00-2:00pm, 605A Orange Center Road.
- **Milford Knights of Columbus Presents The Tony Farina Show**, Wednesday, March 23, 2011; \$99/pp includes RT bus transportation, meal, show, taxes and gratuities; \$25/deposit needed for reservation; balance due February 1, 2011. For more information, call John Bernard at 203-77-2737.

## Karate Classes Offered

The Orange Parks and Recreation is offering karate classes for ages 4 - adult. The winter session starts January 4, 2011 at the High Plains Community Center. For more information, contact Chris Sansonetti at 203-783-9768 or visit [www.superiorokarate.net](http://www.superiorokarate.net).

Orange Town News

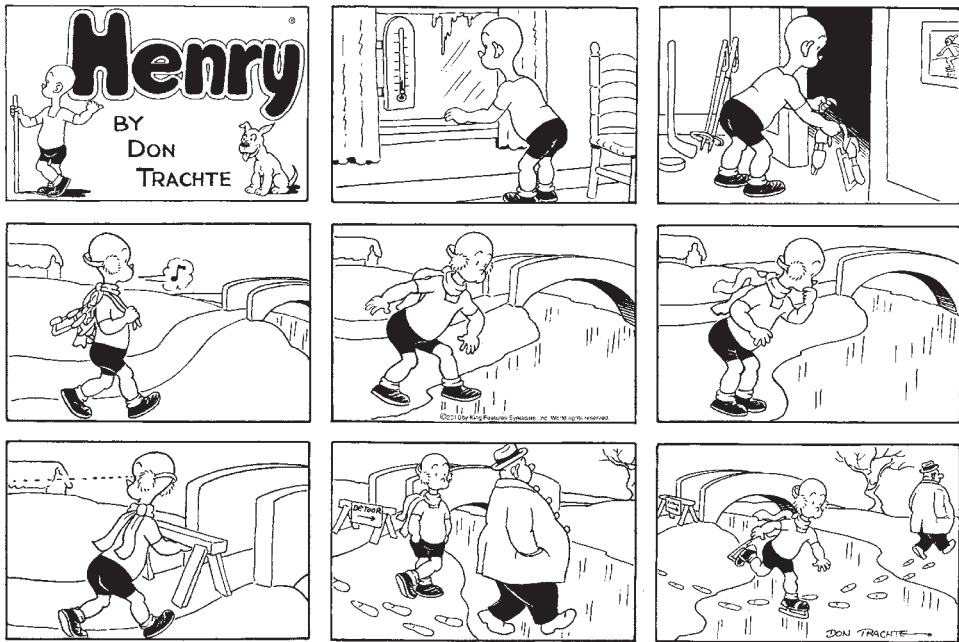
Submit Your Local Sports Photos,  
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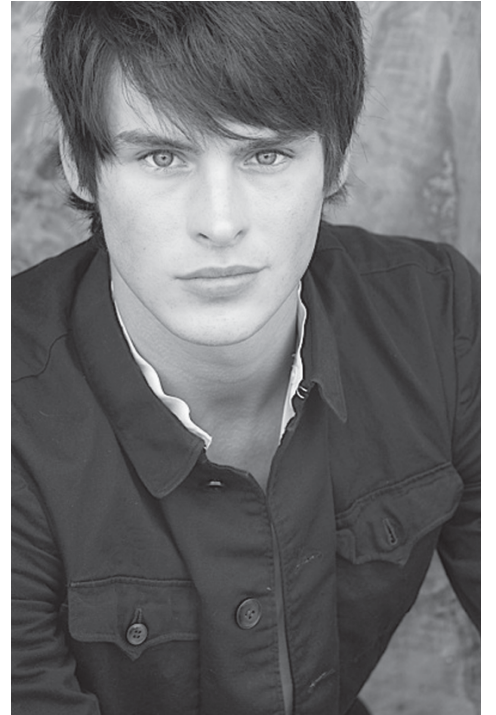


COMICS / CROSSWORD / HOLLYWOOD



HOLLYWOOD

By Tony Rizzo



Adam Gregory

Leonardo DiCaprio, who picks his projects very carefully, has had his next project, "Legacy of Secrecy," picked out for him by his father, George. Leo and his dad will produce the film, which asserts that Mafia kingpin Carlos Marcello, who died in 1993, orchestrated the assassination of President John F. Kennedy. The film is planned for a 2013 release to coincide with the 50th anniversary of Kennedy's death.

Now that TV is lousy with so many reality shows, we have to go to our local multiplex theaters to escape. It seems movie moguls have decided the perfect escape from reality are superheroes. Here is a partial list of the superheroes who will be coming our way:

You can expect "The Green Hornet" with Seth Rogan in the title role, aided and abetted by Cameron Diaz and this year's best supporting Oscar winner, Christopher Waltz, on Jan. 14, 2011.

"Thor" will be arriving on May 6, 2011, starring Chris Hemsworth (brother of Liam Hemsworth of "The Last Song," who may or may not be dating his co-star Miley Cyrus). "Thor" does, however, have Oscar winner Anthony Hopkins and "Star Wars" Princess Amidala (Natalie Portman) going for it.

Ryan Reynolds, People Magazine's "Sexiest Man Alive", will hit screens June 17, 2011, as "The Green Lantern," with "Gossip Girl" Blake Lively and Peter Sarsgaard backing him up.

On July 22, 2011, you'll see the return of "Captain America: First Avenger" with Chris Evans (who has heavily beefed up for the title role), along with Oscar winner Tommy Lee Jones and Oscar nominees Samuel L. Jackson and Stanley Tucci lending ample support.

Then in July 2012, "The Dark Knight Rises" will bring back Christian Bale as Batman with Oscar win-

ners Michael Caine and Morgan Freeman, as well as Gary Oldman, reprising their characters from the original film.

Of course, no superhero list would be complete without "Superman: Man of Steel," which is scheduled for release December 2012. While it does have a budget of \$250 million, it does not have someone to play the Man of Steel. Some fans have been online requesting producers cast Brandon Routh, who was the previous Superman, while others think "True Blood" star Joe Manganiello or "90210" and "The Bold and The Beautiful" star Adam Gregory, last seen in "Hanna Montana: The Movie" and "17 Again" with Zac Efron, should be the man from Krypton. Gregory certainly has the looks -- and after all, what was Christopher Reeve before "Superman"? ... A soap star!

One Last Note: Also for December 2012 release, our king of remakes, Johnny Depp, and producer Jerry Bruckheimer have decided to remake "The Lone Ranger." But here's the twist ... Depp wants to play Tonto, his faithful Indian companion!

Send letters to Tony Rizzo's Hollywood, 8306 Wilshire Blvd., No. 362, Beverly Hills, CA 90211.

King Crossword

ACROSS

- 1 Mop
- 5 Shooter pellet
- 8 Impale
- 12 Verdi master piece
- 13 Rowing need
- 14 Melody
- 15 Grayish-white metal
- 17 Initial chip
- 18 Unrelenting
- 19 Root
- 21 Japanese pond carp
- 22 Scoots
- 23 Lawyers' org.
- 26 Apprehend
- 28 Parisian subway
- 31 Sawyer's pal
- 33 Gear tooth
- 35 Sweetie
- 36 Bellhop, often
- 38 Illustrations
- 40 Big Apple letters
- 41 "Young Frankenstein" role
- 43 Foolish one
- 45 Prisoner
- 47 Character
- 51 Urban disturbance
- 52 Lightest element

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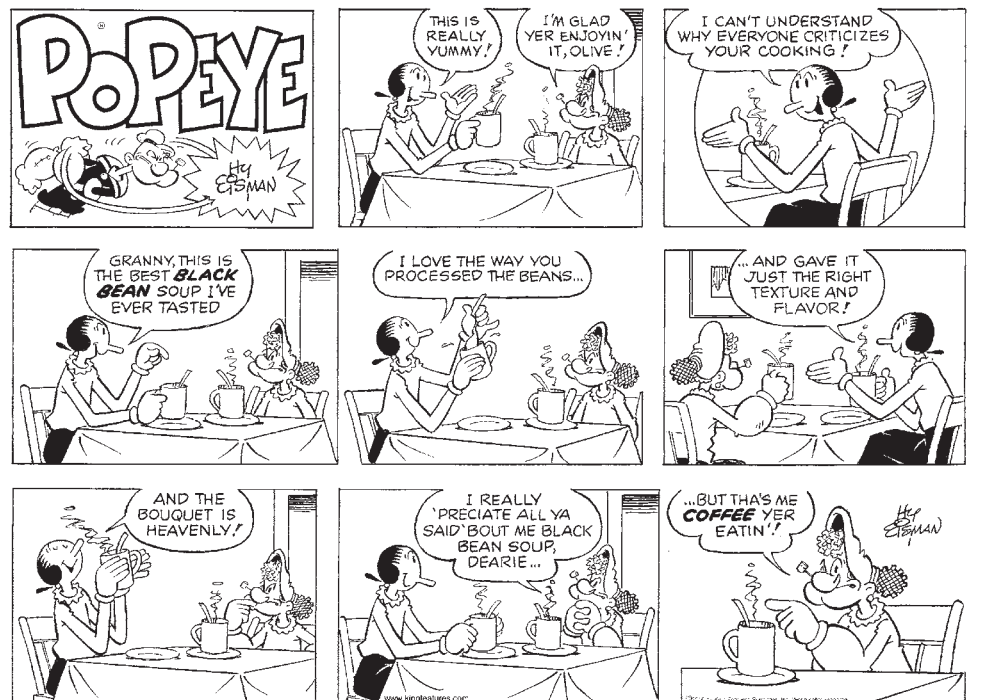
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- 24 Story of a lifetime
- 25 Semi-conductor ingredient
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- 29 Bob's longtime
- 30 Killer whale
- 32 Cancels out
- 34 Old man
- 37 Deteriorate
- 39 Despot
- 42 Clinic
- 44 Fill the shelves
- 45 Persia, today
- 46 1492 caravel
- 48 Wrinkly citrus
- 49 Peruse
- 50 Remnants
- 53 Singer Sumac

DOWN

- 1 Enervates
- 2 Droop
- 3 Hebrew month
- 4 Dyeing technique
- 5 Firebird maker

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King Crossword Answers on Page 28



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## Favorite Fitness Products and Services

by Mary Schwartz, CPT

My favorite fitness products and services for this year include The Plano Program for nutrition, Go Green Fitness for spinning and Contigo AUTOSEAL® Hydration Bottles for hydration. I selected these particular products or services because each of them addresses a specific component of health: food intake, caloric expenditure and water consumption. In addition, all of these products and services are conveniently located right here in town, making them easily accessible to everyone. Each selection, whether used individually or in conjunction with the others, has the potential to dramatically improve your overall health and wellness. So, if you are looking to get healthy this year and want to try something new, consider one of these products or services. I love them and I know you will too!

**The Plano Program** – The Plano Program is a nutrition and lifestyle program that is designed to build health from the inside out. The holistic approach to nutrition and weight management treats the person as a whole instead of focusing on calories or a specific diet. The Plano Program, which is based on seven pillars of health and wellness, is designed to bring the body back into balance by using super foods, functional lab assessments and metabolism testing to identify the body’s specific nutritional requirements. Using this information, The Plano Program team creates a customized nutrition program to optimize health, increase muscle, and lose fat. [www.theplanoprogram.com](http://www.theplanoprogram.com).

**Go Green Fitness** – If you haven’t tried spinning yet, now is the time. Spinning is a high-energy, group exercise class performed on indoor stationary bikes. Each class delivers a heart-pounding, calorie-burning cardiovascular workout. Classes are held in a specially designed spin studio that uses lighting, music and visualization to create an energized atmosphere. Images are projected on a big screen television to simulate an outdoor riding experience. The class is led by a certified spinning instructor who takes you on a journey that challenges you both mentally and physically. The spin bikes are designed with a weighted fly-wheel, so there is no coasting. You control the intensity of your ride, adjusting the resistance on your bike, by turning a knob or pushing a button. A typical class begins with a warm-up, includes a combination of steady cadences, sprints and climbs and ends with a cool-down. [www.gogreenfitness.com](http://www.gogreenfitness.com).

**Contigo AUTOSEAL® Hydration Bottles** – These 24 oz. hydration bottles make drinking water easy. For optimal health, you should drink half of your bodyweight in ounces every day. These bottles will help you do that. I recommend you purchase a 3-pack of these bottles, keep one at home, take one to work and leave one in your car. This way, you will never be without water and your body will stay properly hydrated throughout the day. The patented, one hand operation makes them easy to use, just press the button located on the back of the bottle to sip and release the button to seal. The lid automatically closes, preventing any spills or leaks. Another great feature is the built-in carabiner clip on the handle that makes them easy to carry; just clip the bottle to any strap for hands-free portability. Most importantly, these bottles are BPA free, so feel free to drink as much as you like! [www.contigo.ie/products/water-bottles/](http://www.contigo.ie/products/water-bottles/).

For more information, or to suggest a topic for a future article, please contact me at (203) 824-3913 or e-mail me at [mary@workoutwithmary.com](mailto:mary@workoutwithmary.com).

Mary Schwartz is a Certified Personal Trainer and owner of Mary Schwartz Personal Training located in Orange, CT.

## 2011 Financial Calendar

By Roberta L. Nestor

Most everyone enjoys turning the calendar to start the New Year. And, after the hardships of the past several years many will turn the page with hopes of a more prosperous 2011. Lack of growth in the markets, historically low interest rates, extreme market volatility and good old-fashioned fear has placed a tremendous strain on retirement plans. We have just completed what is now known as the “lost decade”. It is time to turn the page!! Make a New Year’s Resolution to pay yourself first! Here are some ideas to help you get back on track over the course of 2011:

### Dollars and sense

- January – for those with children in college, on 1/1/11 you can submit financial aid applications (FASFA). Get these in early; don’t wait to do your 2010 taxes.
- February – you will be receiving 1099s and W-2 forms. Start to get organized to file your 2010 tax return. Make sure you have a scheduled appointment. It’s much easier to prepare for taxes when a definite date has been set.
- March – find out from your employer when you can change your 401k contribution. Small increases on a regular basis work best. Check with your tax preparer to see how increasing your contribution can help decrease your tax liability.
- April – no surprise here, April 15th marks the deadline for filing your tax return as well as the last chance to fund your 2010 Roth IRA.
- May – take a break from finances and enjoy the spring!
- June – make an appointment with your financial advisor for a mid-year review.
- July and August – this is a great time for serious financial planning, summertime being less stressful and more relaxed. Focus on estate planning, if you don’t have a will or it is more than 10 years old you really should schedule time to see your attorney.
- September – see if you can afford to add to your Roth IRA for 2011; most plans accept as little as \$50. Roth accounts will be a critical component of your retirement plan so fund as much as you can afford to up to the maximum of \$5,000 or if over age 50 you can contribute \$6,000.
- October – for those that filed for extensions for filing 2010 income taxes, the final deadline is 10/15.
- November - this has been declared National Long Term Care Awareness month. Great time to meet with family members and discuss the “what ifs” and to learn more about long term care insurance and how it can protect assets.
- December – end of year tax planning, especially if you have investments that may have gains; or you are carrying forward losses. If you are over age 70½ make sure you have taken your required minimum withdrawal. Any gifting should be completed before 12/31.

Best wishes to all for a healthy and prosperous 2011!

“This material has been provided for general informational purposes only and does not constitute either tax or legal advice. Investors should consult a tax preparer, professional tax advisor, and/or a lawyer.”

Roberta L. Nestor is a financial advisor practicing at 491 New Haven Avenue in Milford, CT offering retirement, long term care, investment and tax planning services. She also offers securities and advisory services as an Investment Adviser Representative of Commonwealth Financial Network – a member FINRA/SIPC and a Registered Investment Adviser. She can be reached at TSM Financial Services, 203-876-8066 or [roberta@tsmfinancial.com](mailto:roberta@tsmfinancial.com).

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### King Crossword

Answers

Solution time: 25 mins.

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A	N	N	E	A	M	P	C	L
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### Weekly SUDOKU

Answer

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3	5	1	7	2	6	8	9	4
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8	4	5	1	7	3	9	2	6

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# ENTERTAINMENT



- 1. Tangled (PG)**  
animated
- 2. Harry Potter and the Deathly Hallows -- Part 1 (PG-13)**  
Daniel Radcliffe, Emma Watson
- 3. Burlesque (PG-13)**  
Cher, Christina Aguilera
- 4. Unstoppable (PG-13)**  
Denzel Washington, Chris Pine
- 5. Love and Other Drugs (R)**  
Jake Gyllenhaal, Anne Hathaway
- 6. Megamind (PG)**  
Will Ferrell, Tina Fey
- 7. Due Date (R)**  
Robert Downey Jr., Zack Galifianakis
- 8. Faster (R)**  
Dwayne Johnson, Billy Bob Thornton
- 9. The Warrior's Way (R)**  
Jang Dong-gun, Kate Bosworth
- 10. The Next Three Days (PG-13)**  
Russell Crowe, Elizabeth Banks



- 1. Toy Story 3 (G)**  
(Buena Vista)
- 2. Grown Ups (PG-13)**  
(Sony)
- 3. Ramona And Beezus (G)**  
(20th Century Fox)
- 4. How to Train Your Dragon (PG)**  
(DreamWorks)
- 5. The Karate Kid (PG)**  
(Sony)
- 6. Scott Pilgrim vs. the World (PG-13)**  
Universal
- 7. The Original Television Christmas Classics (NR)**  
(Genius Products)
- 8. Charlie St. Cloud (PG-13)**  
(Universal)
- 9. The Pacific (M)**  
(Warner)
- 10. Sex and the City 2 (R)**  
(Warner)



### Top 10 Pop Singles

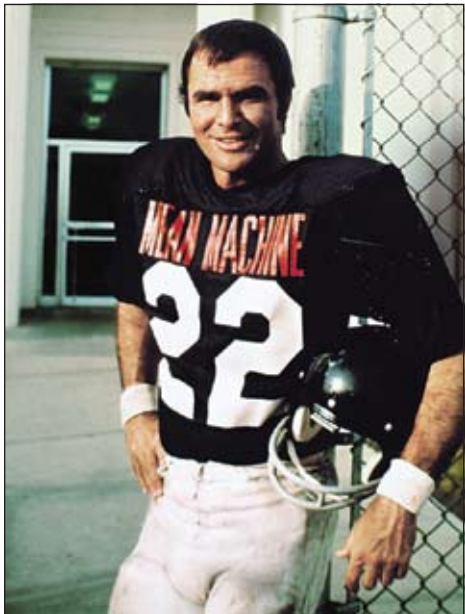
- 1. Pink**  
"Raise Your Glass"
- 2. Katy Perry**  
"Firework"
- 3. Rihanna**  
"Only Girl (In the World)"
- 4. Bruno Mars**  
"Just the Way You Are"
- 5. Rihanna feat. Drake**  
"What's My Name?"
- 6. Ke\$ha**  
"We R Who We R"
- 7. FarEast Movement feat. Cataracs & Dev**  
"Like a G6"
- 8. Nelly**  
"Just a Dream"
- 9. The Black Eyed Peas**  
"The Time (Dirty Bit)"
- 10. Bruno Mars**  
"Grenade"



Bruno Mars

### Top 10 Country Singles

- 1. The Band Perry**  
"If I Die Young"
- 2. Brad Paisley**  
"Anything Like Me"
- 3. Zac Brown Band feat. Alan Jackson**  
"As She's Walking Away"
- 4. Rascal Flatts**  
"Why Wait"
- 5. Jason Aldean**  
"My Kinda Party"
- 6. Reba**  
"Turn on the Radio"
- 7. Rodney Atkins**  
"Farmer's Daughter"
- 8. Carrie Underwood**  
"Mama's Song"
- 9. Tim McGraw**  
"Felt Good On My Lips"
- 10. George Strait**  
"The Breath You Take"



Burt Reynolds

**EDITOR'S NOTE:** New DVDs reviewed in this column will be available in stores the week of Dec. 28, 2010.

We're winding down 2010 and barreling like a runaway train to New Year's Day 2011, and that can mean only one thing to every red-blooded American: Football! Yessir, Bowl Games out the wazzoo -- and what better way to celebrate than with a marathon of Gridiron Greats. So here then, is a sampling of some of the best football movies ever made.

## PICKS OF THE WEEK

**"The Longest Yard" (R)** -- Burt Reynolds stars as Paul Crewe, a former pro quarterback disgraced for

shaving points. After being sent to prison for hitting his girlfriend and stealing a car, Crewe finds himself at the mercy of a sadistic warden (Eddie Albert), who tries to force Crewe to lead his semi-pro football team made up of the prison's guards. Crewe sets up a "friendly" scrimmage between the guards and his fellow prisoners -- leading to one of the greatest action sequences ever filmed. Adam Sandler remade the film a few years back, and although not as epic as the 1974 Reynolds original, it's still a pretty good flick.

**"Go Tigers!" (R)** -- This 2001 documentary about the Masillon, Ohio, Tigers high-school football team is a gripping account of how the success or failure of a local team can affect a small community. Voted by ESPN as one of the top six best sports documentaries of all time, "Go Tigers!" is an eye-opening portrait of the spirit of small-town America.

**"Paper Lion" (Unrated)** -- Alan Alda stars in this 1968 classic based on the a series of articles written by George Plimpton for Sports Illustrated. In 1963, Plimpton went undercover for the magazine to the Detroit Lions training camp to try out for the team. The result was the first-ever look into what goes on during NFL tryouts and training camp. What makes this film fun is the inclusion of many of the actual Lions players of the time: Alex Karras, Joe Schmidt, Pat Studstill and others.

**"Invincible" (PG)** -- Mark Wahlberg stars as Vince Papale, a substitute teacher and bartender from Philadelphia who gets a one-in-a-million shot at trying out for the 1976 Eagles team. And somehow, for a guy who never played college ball, he makes the cut. What follows is classic Hollywood feel-good flick about overcoming the odds and the triumph of the Common Man who followed his dream.

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Sudoku answers on page 28

## Weekly SUDOKU

by Linda Thistle

2			4		6		1
	6		3	1			7
	5	1			6	8	
4		3	8			2	
7			9	5			3
	9				2		1
6					5		4
	7	2		9		3	
		5	1		3		2

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★**

★ Moderate   ★★ Challenging  
★★★ HOO BOY!

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# Trimming Around Dog's Ears



**DEAR PAW'S CORNER:** Can I trim the hair around my dog's ears? Should I? -- Donny J., Oshkosh, Wis.

**DEAR DONNY:** It depends. You should inspect your dog's ears regularly (daily if time permits; weekly for sure) to see if hair is blocking the ear canal, and that the ear is clean, free of really bad odor and without excess wax. (If you're not sure how to inspect your dog's ears, your veterinarian can walk you through the process.)

Some pet experts recommend that the hair growing close to or in the ear canal be trimmed or plucked, but if your dog is healthy and has no ear problems, I see no reason to do this.

Quite a few breeds do have frequent problems with their ears, and long hair can worsen the issue. If your dog has excessive hair at the entrance to the ear canal that's worsening wax buildup, you can remove this on an as-needed basis.

Holding your dog securely (small dogs on your lap, big dogs on a stable surface with your arm around their neck), gently fold back your dog's ear. Inspect and clean the ear using a cleaning solution available at the pet store (or plain water in a pinch) and cotton balls.

Important: Do not stick anything -- fingers, Q-tips, trimmers, etc. -- into the ear canal past where you can see it!

If hair near the opening of the ear canal is excessive and impacting airflow into the ear, carefully trim away with blunt-tipped scissors or pluck a bit at a time with tweezers or your fingers.

Dogs are generally not thrilled with ear cleaning or trimming, any more than they're happy with tooth brushing or baths. If you're unable to safely inspect and clean your dog's ears (you don't want him thrashing around with trimmers in use), contact your veterinarian to schedule an exam.

Get more pet advice and information at [www.pawscorner.com](http://www.pawscorner.com). Send your questions or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com), or write to Paw's Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

# Laurel Estates Calendar



Laurel Estates is located at 245 Indian River Rd, Orange. All events are free and are open to the public. Some require an RSVP. For more information on any of the events below, please contact Briana at 203-795-3117 or visit us online at [www.Laurel-Estates.com](http://www.Laurel-Estates.com).

- Wellness Clinic- Every Monday at 1:30pm-2pm- Stop by our Activities Room for a free blood pressure reading and/or weight measurement by one of our Registered Nurses.
- Generations Stitch Club- Every Tuesday from 11am-12pm- Calling all knitters, crocheters, embroiderers and seamstresses of all ages and experience levels, join us for a gathering of good company and fiber fun. Come to learn, come to teach, come to play!
- Bible Study- Every Tuesday evening at 6:30pm- Reverend Rhonda Taylor of the First and Wesley United Methodist Church joins us for a non-denominational discussion exploring 'The Good Book'.
- Avoiding Probate Seminar- Wednesday, January 5th at 3:30pm- Join local Attorney Drazen as he discusses the steps you may need to take to make sure that you or your loved one's last will and testament is carried out properly. Light refreshments will be served after the seminar. Please RSVP to 203-795-3117.

MILFORD

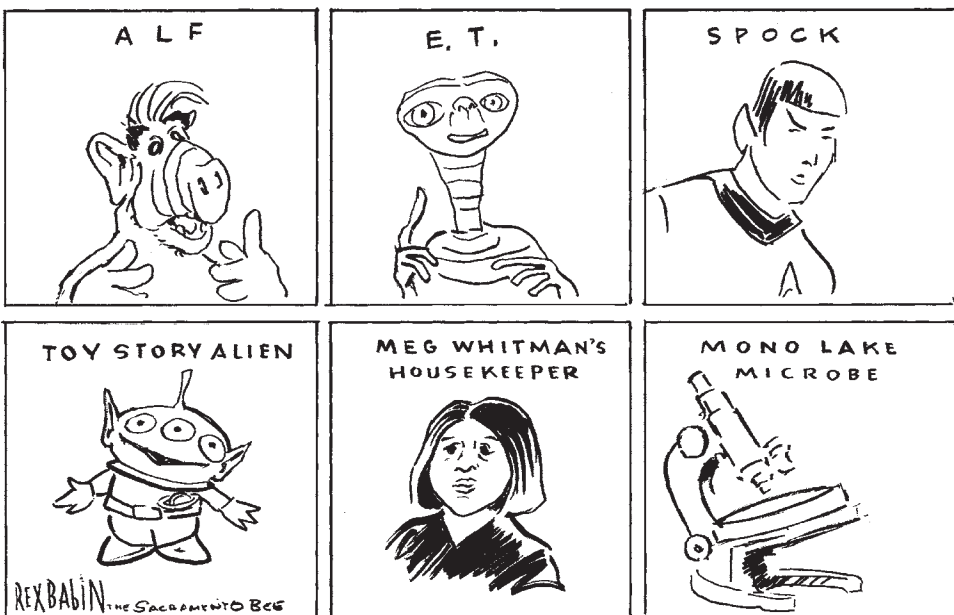
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## FAMOUS ALIENS



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### Open House The Plano Program Personal Training & Nutrition Center

Sunday, January 2, 2011 • 12:30 p.m. - 4:00 p.m.

#### Open House Schedule

- 12:30 - 1:00 Meet The Plano Program Team
- 1:00 - 2:00 Nutrition Seminar by Marc Plano  
*How to Build Health from the Inside Out*
- 2:00 - 3:00 Healthy Cooking Demo by Amy Krystock, RD
- 3:00 - 3:30 "Introduction to Spin" class by Go Green Fitness  
*\*\*Remember to wear your workout clothes\*\**
- 3:30 - 4:00 Refreshments, Protein Shakes and Raffles

Enter to win a variety of health & fitness products and services!

Register at [marc@theplanoprogram.com](mailto:marc@theplanoprogram.com)  
500 Boston Post Rd., Orange, CT  
[www.theplanoprogram.com](http://www.theplanoprogram.com)

# Salome's Stars

**ARIES (March 21 to April 19)** Handle a potentially awkward situation by warming up your confidence reserves and letting it radiate freely. Also, expect an old friend to contact you.

**TAURUS (April 20 to May 20)** It's not too early for the practical Bovine to begin planning possible changes for 2011. A recent contact can offer some interesting insights.

**GEMINI (May 21 to June 20)** A request for an unusual favor should be carefully checked out. Also check the motives behind it. Your generosity should be respected, not exploited.

**CANCER (June 21 to July 22)** Party time beckons, but for some Moon Children, so do some workplace challenges. Deal with the second first, then you'll be free to enjoy the fun time.

**LEO (July 23 to August 22)** A warm response to an earlier request might be a positive indicator of what's ahead. Meanwhile, Cupid could pay a surprise visit to single Leos looking for love.

**VIRGO (August 23 to September 22)** How you respond to a proposed change in a project could affect your situation. Be prepared to show how well you would be able to deal with it.

**LIBRA (September 23 to October 22)** The revelation of a secret could cause some changes in how to deal with a workplace matter. It very likely also validates a position you have long held.

**SCORPIO (October 23 to November 21)** An attempt to get too personal could upset the very private Scorpio. Make it clear that there's a line no one crosses without your permission.

**SAGITTARIUS (November 22 to December 21)** The savvy Sagittarian might be able to keep a family disagreement from spilling over by getting everyone involved to talk things out.

**CAPRICORN (December 22 to January 19)** Be careful not to push people too hard to meet your ideas of what the holiday weekend's preparations should be. Best to make it a cooperative, not a coerced, effort.

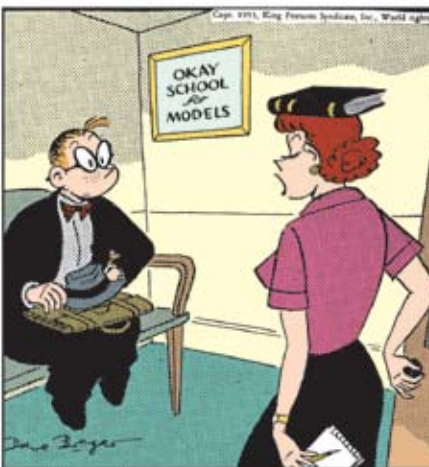
**AQUARIUS (January 20 to February 18)** An unexpected request could make you rethink a position you've had for a long time. Meanwhile, plan a family get-together for the weekend.

**PISCES (February 19 to March 20)** Someone might find that it was a fluke to try to use your sympathetic nature to get you to accept a situation you're not comfortable with. Good for you.

**BORN THIS WEEK:** You like challenges that are both mental and physical, and you enjoy always beating your personal best.



**MISTER BREGER** By Dave Breger



"Mr. Quackenbush will see you now ..."



"Pop, don't you ever ask him for anything else?"

**HUBERT** - - By Dick Wingert



"I hope it snows tomorrow."

## Birding BITS BY Cindy Brook

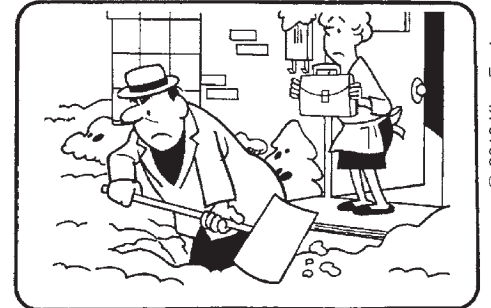
**Holiday Tree**  
Imagine a tree filled only with red birds. How festive. This season, why not fill your holiday tree with birds? It's easy to find bird-related items like ornaments, nests, small bird feeders, pinecones, ribbon, garland, birdhouses, etc. The options are endless. Have fun and be creative!

E-mail: [birdingbits@cfl.rr.com](mailto:birdingbits@cfl.rr.com)  
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**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Brickcase is different. 2. Shoes are black gone. 6. More bricks on house. 3. Man's shirt is different. 4. No snow in shovel. 5. Tree is

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# Eastern

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# top ten

## Great Lakes Commercial Fish

1. Lake whitefish
2. Yellow perch
3. Chubs
4. Rainbow smelt
5. White perch
6. White bass
7. Lake or Cisco herring
8. Catfish and Bullheads
9. Lake trout
10. Buffalofish

Source: National Ocean Economics Program

# top ten

## Words from the Bible

1. Kiss of Death
2. Feet of Clay
3. Forbidden Fruit
4. Shibboleth
5. Fig Leaf
6. Armageddon
7. Doubting Thomas
8. Straight and Narrow
9. Good Samaritan
10. Kingdom Come

Source: [www.merriam-webster.com](http://www.merriam-webster.com)

# MEDICAL STUDY SHOWS 90% SUCCESS IN LOWER BACK AND NECK PAIN RELIEF

**THIS UNIQUE LASER CARE FROM NEW ENGLAND SPINE AND DISC, LLC OFFERS PROFOUND HEALING RELIEF FROM CHRONIC PAINS WITH CONNECTICUT'S ONLY NEWLIFE™ HEALING SYSTEM®**

## We are proud to introduce Dr. Richard Carpenos!

Are you in pain? Have you tried everything to alleviate your pain without success? Are you contemplating surgery? Tried injections? Had surgery and are still in pain? In many cases, the operations are necessary for proper health and recovery from an injury. However, we have seen hundreds of patients who received operations they did not need and are still in ridiculous pain. Our Newlife™ Healing System is both high-tech and non-force, and most important, proven to be a safe and effective alternative to surgery. You will see we have the best therapeutic modality for advanced pain relief and expedited healing times! Our Newlife Laser delivers soothing, deep, penetrating, photonic energy to bring about profound physiological changes. The inflammation is reduced, pain gates are blocked and the damaged tissues begin the physiological process of repair 3-5 times faster than normal. This all occurs as the essential healing factors are brought in and the non-essential wastes are removed, with increased circulation at the site of injury. These therapeutic enhancements of the cellular chemistry are triggered by our Newlife Laser, making it a truly profound healing modality and experience...guaranteed!

## Surgeon has PERSONAL Experience!

Dr. Robert Morrow, a well-known, trusted orthopedic surgeon, who had completed over 15,000 surgeries, said "I was suffering from shoulder pain for 6 months straight with no relief. I heard about laser treatment and after seeing and hearing many of my patient's stories, I did more research on the topic and found that the doctors and staff now using these Newlife Lasers finally have a tool to help people who think that surgery is their only option. I went to get treated and was amazed that it took away all of my pain. After 6 months of misery, I was relieved and I am now Pain Free! I know that orthopedic surgeons don't always fully understand the available alternatives to surgery and, as a result, many patients are sent through long, painful and costly procedures. There are many of you who have been through the process of using prescription medications and injections ... with little or no relief. Physicians who recommend drugs are limited by their options, for treatment, so they continue to prescribe medications. I have found that this Newlife™ Healing System is very effective at treating patients that have not responded to other procedures, even those who have already tried surgery. I concluded, to give patients the best possible care, there needs to be referrals provided to chronic pain patients so they can receive these unique therapies."

## ADVANCED TOOLS for diagnosing and providing best pain relief -- BAR NONE!

Patients cannot get a more complete exam for this treatment than that provided at Newlife Laser Clinics. We are tooled with advanced diagnostic and care protocols, for the use of spinal decompression and deep tissue laser technologies that are the most advanced pain-relieving options in the market. We are tooled to provide you care that is breaking through the barriers of traditional medical and chiropractic. Don't undergo painful, costly surgery or recovery ... we know that it usually can be avoided!

## Are PILLS & INJECTIONS long-term solutions for pain relief? -- NO WAY!

Until now, people have masked their pain by frequently taking prescription pain pills or by getting cortisone or epidural steroid injections. This type of relief masks the cause, is temporary, and more often can lead to even more pain or worse yet -- addiction to drugs! So many people innocently fall into abusing prescription pain pills while initially using them to alleviate real, constant pain. Did you know that prescription medications kill more people every year than do illegal drugs? Nobody is immune to prescription drug abuse, even radio talk-show host Rush Limbaugh. His prescription drug abuse to a medication called oxycontin almost destroyed his career and ended his life. The medication was prescribed by a doctor for pain relief!

## Insisting on the FDA-Cleared Laser for FAST and SOOTHING RELIEF!

The Newlife Laser® is an innovative, scientifically based, therapeutic modality. This new technology offers advanced pain relief and highly-expedited healing times through a process known as photobiostimulation. The FDA-Cleared Newlife Laser® delivers deep-penetrating, photonic energy to increase circulation, stimulate an increased level of tissue healing, and create decreased levels of pain and inflammation. These changes in cellular chemistry are triggered by our use of the Newlife LaserTreatment®, making it a truly profound healing modality. It does not require the use of drugs or surgery, and there are no known side effects or risks that may occur, with other forms of treatment. During the treatment, the patient feels a deep-soothing warmth and pleasant sensation that reassures the patient that the laser is activating and speeding up the healing process, for true lasting relief!

## Spine and Disc DECOMPRESSION

At Newlife Laser Clinics we have advanced machines for Spinal Decompression. Our Newlife™ Healing System includes Non-Surgical Spinal Decompression machines that produce gentle separation of the vertebrae and decompression of the inter-vertebral discs. Decompression relies upon the repeated unloading of spinal stress by distracting the spine. This therapy produces negative pressure within the disc to allow a disc injury to heal naturally by replenishing the fluid in the "cushion-like" disc. Patients are treated fully clothed and are fitted with a harness that fits around their body or head, as they lie on a comfortable table and are gently decompressed. The doctor adjusts the table and the harness and uses a computerized console, where a customized treatment protocol is entered into the computer and takes about 20 minutes. The average treatment protocol is approximately 10 to 25 treatments within a 5 to 10 week period of time, depending on the individual's case.



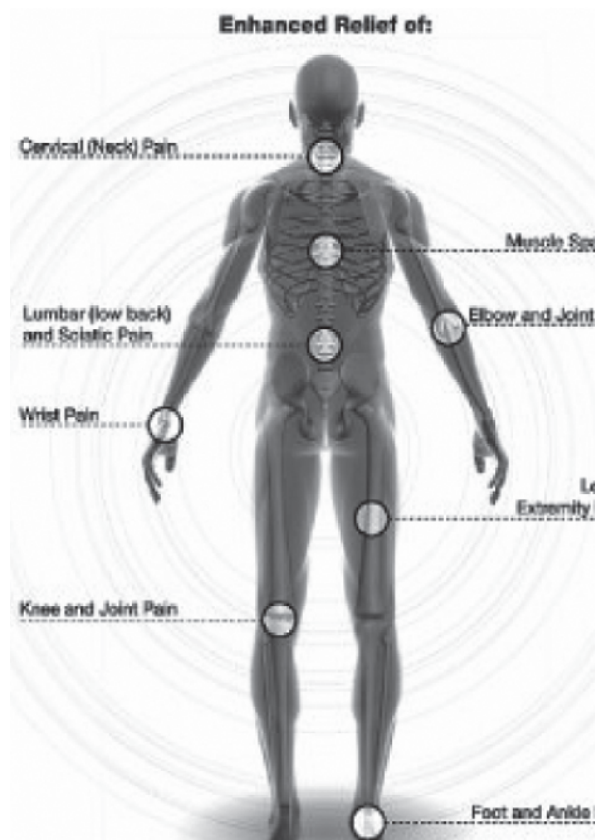
**Dr. Richard Carpenos, DC  
Doctor of Chiropractic**

*Our goal is to provide the most excellent healthcare possible in the most awesome facility available with the most caring, helpful, friendly staff ever assembled.*

*Our purpose is to help people get well and stay that way without drugs, surgery or hassle, while making really good friends along the way.*

## We Are Accepting New Patients! Call Our Friendly Staff Now If You Currently Are Suffering with:

Failed Back-Surgery Syndromes  
Herniated, Bulging or "Slipped" Disc Syndromes  
Disc Degeneration and Spinal Stenosis, DJD/DDD  
Neuropathies, Weakness, Pain, Tingling, Numbing Extremities  
Acutely Injured or Chronic Persistent Joint Pains  
Whiplashed Neck, Migraine and other Headaches  
Chronic Shoulder, Elbow, Hip or Knee Pains  
Carpal Tunnel Pains and Syndromes



## BREAKING the standard care MOLD

At Newlife Laser Clinics our referral networks are using tools that break the mold in diagnostic care, with Physiological and Functional Rehabilitation Protocols, and various manipulation techniques. We have practiced natural and new methods for many years. Our new treatments are based on methods designed from doctors of chiropractic who have treated thousands of patients, discovered secrets, treated the worst conditions and rescued patients from recommended surgeries. These doctors have always spared no expense for, using distinctly cutting-edge and uniquely-effective technologies and, profoundly altering the way, truth and light for chronic pain relief.

## TESTIMONIALS of SMALL MIRACLES

**Adele, Age 52** "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

**Jack, Age 37** "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

**Duane, Age 77** "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you have done this incredible Deep-Tissue Laser Treatment®."

## Still want GUARANTEE of Relief?

We are so confident that you will find relief at our Newlife Laser Clinic, that if you don't feel and see improvement after the second visit, it's free. No strings attached. We are confident that our protocols will be able to relieve or rid ongoing pains or other limitations. Give our friendly staff a call for an appointment.

## Experience the Paniflex™ Healing System

**First 25 Callers**  
**(203) 799-DISC**  
**(3472)**

**2 Visits Free\***

Includes:  
Diagnostic Exam, Soothing Laser Therapy, Decompression Therapy, Gentle Chiropractic Care

\*Free visit cannot be used with Medicare or Federal Health Insurance Plans.

## Get to know Dr. Carpenos, DC

Dr. Richard Carpenos has been practicing here in Connecticut for the last 20 plus years. He has been named Best Chiropractor in the Advocate Reader's Poll for the past 16 years. He has been a frequent guest on television and radio over his career and is a pioneer in the non surgical correction of disc and spine related conditions. His own disc problem lead him in his search for answers without surgery. He is excited to be the only facility in the state to offer these services. He looks forward to meeting you and introducing you to his cutting edge facility here in Orange.

Please visit our clinic at:  
**391 Boston Post Road**  
**Orange, CT 06477**

*"Effectively Healing and Relieving Pains while Inspiring Healthy and Active Living"*